

Red

10 WAYS TO
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HEALTHIER
& HAPPIER
IN 2023

FEBRUARY 2023 £5.99

The feelgood issue

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SUNNY ESCAPES CAREER INSPO

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FEBRUARY 2023



BOBBI BROWN discusses the rise of colour in makeup on page 82.

MY HAPPY PLACE IS... in my bed wearing pyjamas, with my dog at my feet. **MY INSTANT MOOD BOOSTER IS...** a brisk walk – or a martini!



SOPHIE MORGAN talks about her new book on page 57. **MY HAPPY PLACE IS...** on my Ryker, heading out on the road to anywhere! **MY INSTANT MOOD BOOSTER IS...** drum and bass music.



NISHA KATONA shares her list of everything on page 178. **MY HAPPY PLACE IS...** on my sofa with my dogs watching something I've watched a thousand times. **MY INSTANT MOOD BOOSTER IS...** dim sum with at least six friends in a Chinese restaurant.

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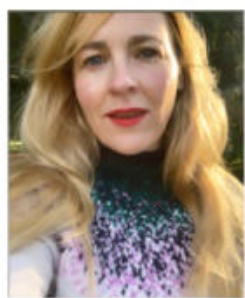
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Joy confetti

Have you ever heard of a lovelier idea than sprinkling 'joy confetti' throughout your day? According to psychologist Dr Emma Hepburn (aka @thepsychologymum), there are three different kinds: 'creation' (actioning small daily joys, like a good cup of coffee or a yoga class), 'appreciation' (being grateful for things as they happen, or reflecting back on them) and 'seeking' (marvelling at a sunset or feeling the connection when holding hands with a child). Since reading our feature on page 140, I have fully embraced the notion – treating myself to a croissant from my favourite bakery, replaying funny conversations with my daughters, delighting at the different people I see every week without fail playing the street pianos at St Pancras and filling the station with glorious music.

We are not reinventing the wheel in telling you it's the little things that bring us happiness, but as we will all probably be tightening our purse strings, lowering our thermostats and feeling rather blue after Christmas, we wanted to create an issue brimming with positivity. In here, you'll find our instant mood boosters (from joyful books to uplifting fragrances); ideas to turn your home into a sanctuary; bold, beautiful style inspiration from rule-breaking fashion mavericks; delicious (and easy!) comfort food; transformative new makeup and workouts designed to make you feel great.

But we're also taking a more nuanced approach to happiness, because it's not always that tangible and can often elude us. On page 21, three writers discuss their routes to contentment, and why it's ever-changing. Finally, on page 142 we launch *Red's* new campaign, in association with the Mental Health Foundation. Over the next 12 months, we will be shining a light on complex mental health conditions and telling the stories of the women who courageously live with them. Happiness is not a given, but if we can help you get closer to it, we'll all feel the benefits.



Sarah Tomczak

Editor Sarah Tomczak

A forever sweater.
Jumper, £550, Bamford



My corduroy love continues!
Dress, £320, Seraphina



Editor's picks



Stay cosy. Play a board game.
Backgammon set, £220, MaisonGames at The Go-To

From fleece to jumper in 125 miles.
Sweater, £265, Charl Knitwear

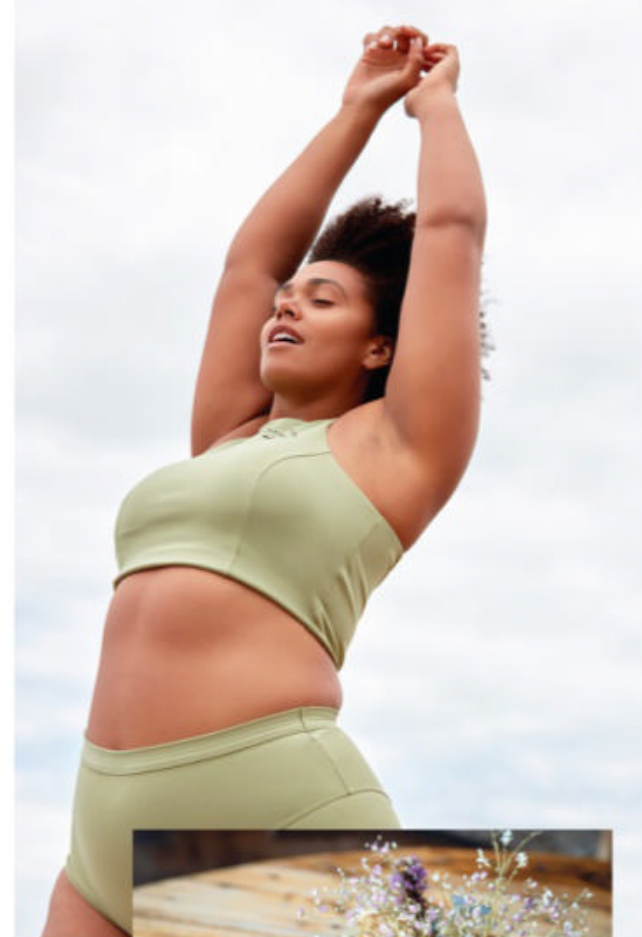


Will elevate any blooms.
Vase, £85, edit58 x Straw London



TOP: We round up the exciting new wellness trends for 2023 (page 130). **RIGHT:** Get breakfast inspiration from some of the UK's best brunch spots (page 118); take a peek inside the home of Bert & May's founder (page 110)

LOOKING FOR THE PERFECT PRESENT? TREAT A LOVED ONE TO A RED SUBSCRIPTION. TURN TO PAGE 60 FOR OUR GREAT OFFER.



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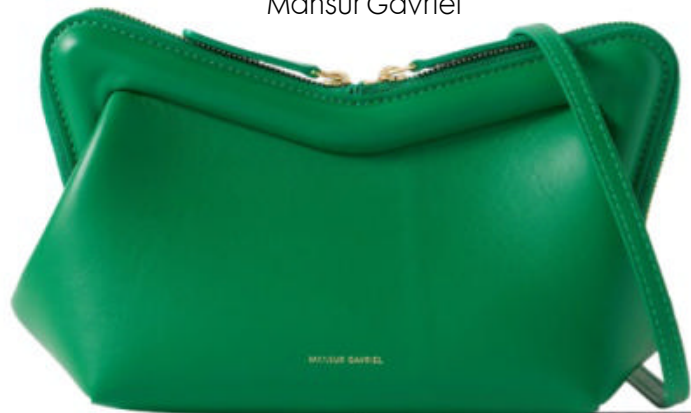
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BAG, £625,
Mansur Gavriel



NECKLACE,
£380, Tory
Burch



118



LISA ELDRIDGE
EYESHADOW
PALETTE IN
SORCERY, £49



SHOES, £695,
Jimmy Choo



BROOCH, £28,
La Redoute



NECKLACE,
£750,
L'Atelier
Nawbar



LISA ELDRIDGE
SEAMLESS
SKIN
FOUNDATION,
£44



78



90



£65, Essentiel
Antwerp

This month's cover

Photography Billie Scheepers **Stylist** Jodie Dunworth
Beauty Director Alexandra Friend **Hair** Charley
McEwen at Frank **Makeup** Victoria Bond, using CHANEL
spring/summer 2023 and No.1 de CHANEL **Nails** Lilly
Lam at Wella **Model** Paula A at Models 1 **Paula wears**
Top, United Colors of Benetton, Earrings, Susan Caplan
Creative Director Philippa Williams **Production** Fiona
Andrews **On Set Production** Beverley Croucher

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STYLE

Edited
by
*Oonagh
Brennan*

Happiness is...

EASY SLIDERS

WARNING: ONCE YOU'VE SLIPPED YOUR FEET INTO A PAIR OF THESE COSY FAUX-FUR MULES FROM ITALIAN SHOE LABEL GEOX, YOU WILL NEVER WANT TO TAKE THEM OFF AGAIN. IN A PLAYFUL LEOPARD PRINT, THEY WILL ADD AN OFFBEAT EDGE TO YOUR WARDROBE. WEAR WITH RED RIBBED SOCKS AND PLEATED MIDI SKIRTS FOR A MODERN PUNK VIBE.

SHOES, £75, Geox

SPORTS STARS

CHOOSE SPORTY SEPARATES
WITH ROUND-THE-CLOCK
APPEAL – ATHLETIC
PIECES ARE IN A LEAGUE OF
THEIR OWN WHEN IT COMES
TO ELEVATING YOUR
WARDROBE

COAT,
£690,
Mackage



CATSUIT,
£19.99,
Pull&Bear



TOP, £180,
Adidas Originals
at Net-A-Porter



BAG, £49.99, Mango



TRAINERS,
£60,
Converse



BLAZER, £225,
Sleeper



CATSUIT, £215,
Norma Kamali
at Mytheresa



EARRINGS,
£38,
BaubleBar
at Revolve



BOOTS,
£469.43,
Hannah
Strafford-
Taylor at Illo
Smeraldo



LISA AIKEN

The catsuit

The figure-hugging all-in-one is bringing eclectic 1980s energy, but not as you know it: it's retro gym wear with a whole new polished elegance. Choose unexpected glamour with sparkly cocktail earrings and a pretty blazer, or up the athletic ante with an oversize varsity bomber.

COATIGAN,
£409,
Sandro



CATSUIT,
£115,
Pangaia



SUNGLASSES,
£270, Saint
Laurent
Eyewear



SHOES, £95, Ugg



RING, from
£675, Ferian



AIMEE SONG

STYLE

PARIS FASHION WEEK S/S 23



EARRINGS,
£65, Essentiel
Antwerp

JACKET,
£299,
Arket



SKIRT,
£205,
Max Mara



BELT, £86,
Black &
Brown
London

BRA,
£460,
Celine



BLAZER,
£99, La
Redoute



NECKLACE,
£105,
Missoma



EARRINGS,
£15.99, Zara



BAG,
£129,
JW Pei

BOOTS, £250,
Jigsaw



The sports bra
Inspired by Celine's take on relaxed luxury, the crop top usurps basic tank tops and T-shirts for S/S 23. Wear under a smart wool blazer for a more considered approach to everyday dressing. A satin maxi skirt and leather bouclé jacket brings the drama in a whole new way.

BAG, £119,
Charles &
Keith



JEANS,
£35.99,
Mango

SHOES,
£170, Arket



BRA, £35, Girlfriend
Collective



BRA, £95,
Tory Burch



BRA,
£45,
Guess



PARIS FASHION WEEK S/S 23

Day



NINA SANDBECH

Night

GILET,
£139,
Hush

RING,
£180,
Aname



SUNGLASSES, £65,
More Joy x Le Specs



JUMPER,
£400,
Totême



SHORTS,
£56,
Varley



SHOES, £315, Ganni



NECKLACE,
£56,
Galleria
Armadoro



BAG,
£235,
A.P.C.

The cycling shorts

Less Tour de France, more Princess Diana, this unlikely fashion favourite has earned its place as a weekend wardrobe staple with a cult following. A long-line quilted gilet with a chunky rollneck knit and loafers will put a preppy step in your stride, while a showstopping blouse and ankle-skimming coat take them to nighttime with flair.



CLIP EARRINGS,
around £82,
Kenneth Jay
Lane

BLOUSE,
£170,
By Malina



SHORTS,
£60, All
Access at
Net-A-Porter

COAT,
£495,
Mother Of
Pearl



SCARF,
£210, Ralph
Lauren



HEELS,
£45.99,
Mango



The parachute pants

Say hello to athleisure's answer to wide-leg trousers. A gathered waist and tapered ankles give structure to the voluminous silhouette, adding drama in all the right ways. Pair with a sweatshirt for off-duty weekend wear, or add a contrastingly delicate floral blouse and barely-there heels for a dose of finesse.





MONICA VINLEY

STYLE

EARRINGS,
£39 each,
Galleria
Armadoro



HOODIE,
£59.95,
Nike



COAT,
£98, Next



SOCKS,
£14,
Falke



LOAFERS,
£129,
KG Kurt
Geiger



LEGGINGS,
£25, White
Stuff



The hoodie

Turn the perfect transitional layer into your hero piece with a luxe new twist. Use as a bright pop of colour to instantly lift a neutral palette, layer a logo number under a statement coat for a high-low mix or embrace full-on sports chic with leggings and statement socks.

NAILBERRY
NAIL
LACQUER IN
GLAMAZON,
£16



COAT,
£485,
Rixo



JACKET,
£369,
Massimo
Dutti



HOODIE,
£70,
Colorful
Standard



NECKLACE,
£28, Oliver
Bonas



HOODIE,
£60,
Adidas



JEANS,
£160,
Rouje



BAG, £325, DeMellier



SONIA LYSON

BOOTS,
£165,
& Other
Stories



SKIRT, £355, Iris & Ink
at The Outnet



STYLE



TROUSERS, £149,
Massimo Dutti

BLAZER, £199,
Massimo Dutti

BAG, £1,855,
Saint Laurent

TRENCH,
£180, Cos

HAT, £115,
Laird Hatters

*Choose mocha
and toffee-coloured
leather accessories
to complement these
soft shades*

STRIKE A CORD

SMART SHADES OF RUST,
RASPBERRY AND ROSE ARE ELEVATING
CORDUROY TO NEW LUXE LEVELS

DRESS,
£395,
Bamford

JUMPSUIT,
£375,
Wiggy Kit

GLASSES,
£89, Glas

*Check out new
brand Glas*

BLOUSE,
£155,
Ba&sh

SKIRT,
£455,
Anna
Mason

NECKLACE,
£95, Jigsaw

BOOTS,
around
£570,
Loeffler
Randall

BLAZER, £345,
Max&Co

COMPILED BY: CORIN RIPLEY



£30, Susan Caplan



£35, e&e Jewellery



£165, Kenneth Jay Lane at Liberty



£65, Essentiel Antwerp



£44, Butler & Wilson



£20, Pia Jewellery



£425, Maison Margiela at Farfetch



£28, La Redoute



£120, Be-Jewelled



£295, Gucci at Farfetch



£75, Eclectica Vintage Attwood at John Lewis & Partners



JIL SANDER A/W 22

PIN-TEREST

MORE ARTWORK THAN ACCESSORY,
BROOCHES THAT TAKE INSPIRATION FROM
NATURE ARE THE GEM OF THE MOMENT

A cluster of bougie brooches will elevate just about anything they're pinned to



HAT, £135,
Re/Done

PARIS FASHION WEEK

COATIGAN,
£59.99,
Zara

*Layer a maxi
coatigan over
cropped knits
or slouchy
jumper dresses*

TOP, £495,
Simone Rocha

JUMPER,
£34.90,
Uniqlo

TROUSERS,
£605,
Nanushka

BAG, £410,
Ba&sh

JACKET, £130,
Anthropologie

DRESS, £250,
Farm Rio

*Shearling accents
add a fashion edge to
a traditional knit*

CLOGS,
£295, Coach

SWITCH TO CABLE

TAKE COSY CABLE FROM THE
HIGHLANDS TO THE STREETS WITH
EXAGGERATED PROPORTIONS
AND A HEAD-TO-TOE PALETTE OF
CLOTTED CREAM AND VANILLA

TANK,
£80, Boden

SCARF,
£470, Jil
Sander

JIL SANDER

DRESS,
£525, Joseph



CHEERINGS

When a friend of Helena Fischer's was going through a tough time, flowers and wine just didn't feel appropriate. So, instead she sent a pair of fabulous earrings (or 'happy-making ear cheer' as she calls it). And just like that, 'Cheersings' was born. Choose from a fabulous selection of designs, from red beaded dangly styles to vintage preloved clip-ons (if you haven't had your ears pierced). The earrings arrive in a gift box with a pretty postcard for your message, and 10% of all the profits go to Carers UK. Find them at cheerings.co.uk.

Katie Holmes



£49.99, Zara



£370, The Great at Net-A-Porter



£750, Acne Studios

THE COMEBACK CARDIGAN

In the dark months of winter, there's nothing like wrapping yourself up in a cosy cardigan. Go for a bohemian Aztec print to elevate your loungewear when you're working from home, or add one with a belt over leather trousers and a white T-shirt for a look that screams low-key luxury.

THE STYLE INFLUENCER



RED FASHION
DIRECTOR
OONAGH BRENNAN
SHARES HER FASHION
FAVOURITES



JACKET,
£675,
Joseph

NECKLACE,
£160,
Heavenly
London

BOOTS,
£885, Isabel
Marant

CULOTTES, £400, Nili
Lotan at Net-A-Porter

COOL CROMBIE

The peacoat is having a big moment this winter. I love the preppy polish and the chic, neat silhouette it brings to my cords and denim. A smart maroon shade is a refreshing change from traditional navy, so I've opted for this Joseph one and I will wear it with a rollneck, denim culottes and knee-high boots.



SUITCASE,
£265, Away



Jean
Shrimpton

ROLLER GIRL

I need to invest in a cabin-size wheelie bag so I can save time at the airport and swerve the stress of my luggage going missing. Away has the perfect one: roomy enough for a short trip, it's neat, super stylish and a dream to whizz along beside me with its four 360-degree swivel wheels.



STYLE

NECKLACE,
£85, Rachel
Jackson

BRACELET,
£58, Susan
Caplan

NECKLACE,
around £158,
Brinker + Eliza

EARRINGS,
£140, Celeste
Starre

RING, £545,
Yvonne Leon
at Net-A-Porter

EARRINGS,
£15.99,
Zara

BRACELET,
£105,
Heavenly
London

NECKLACE,
£750,
L'Atelier
Nawbar

BRACELET,
£75,
Daphne

EARRINGS,
around £105,
Kenneth Jay
Lane

NECKLACE,
£50,
Wilson
Jewellery

BRACELET,
£250, Kirstie
Le Marque

EARRINGS,
£41 for one,
Sandra
Alexandra

EARRINGS,
£80,
Harry
Rocks

EARRINGS,
£30, Orelia

QUEEN OF HEARTS

HEART JEWELLERY IS LITERALLY
BIG NEWS THIS SEASON, WITH BOLD
CHARMS ON CHUNKY CHAINS
AND VINTAGE TREASURES MAKING
YOUR OWN SKIP A BEAT

If in doubt, sing!

AUTHOR AND BEHAVIOURAL CHANGE COACH SHAHROO IZADI SHARES HOW SINGING ALONE IN KARAOKE BOOTHS HELPED HER TO FIND CONTENTMENT

Ten years ago, I went through a break-up that blindsided me. The person who broke up with me did it in the middle of the night, in my own bed, informing me that after three years, he was no longer attracted to me. This was someone I'd been planning a whole life with. The emotions – shock, sadness, confusion – overwhelmed me, and I didn't know where to put them.

Sunday nights were the hardest. I wanted to be alone to have whatever reaction I needed to have, and I'd usually binge eat to the point of discomfort. My intention was to numb out for a few hours, but it left me feeling much worse the next day. I'd just started as a key worker in substance misuse treatment, learning how to support people to achieve and sustain recovery by finding new, healthier coping strategies. We would ask clients to think back to hobbies they enjoyed in their youth, before responsibility and active addiction had got in the way. One week, after a few clients had reported newfound positivity by reconnecting with childhood hobbies, I was inspired to ask myself the same question.

Immediately, I remembered singing. As a stammering teenager, singing in choirs, after-school clubs and alone in my room was my absolute joy and escape. I hadn't kept it up because it never occurred to me back then that it was improving my mental health, and it was clear that I wasn't ever going to pursue it professionally (I'm not very good). I googled, and discovered that a karaoke booth nearby was really cheap on Sundays. I booked it for that evening. I told the receptionist over the phone I'd be coming by myself for 'therapeutic reasons' and she seemed to think it was cool.

I arrived teary, in trackie bums, in the company of brides-to-be and birthday groups. When my turn came to get my 'one microphone', I couldn't wait to get out of the noise and sit in my dark little room for two hours. I sat as if I was on the couch at home, using my jumper as a cosy blanket, and started with some depressing musical-theatre classics. Then Adele, because – of course. Knowing that no one would hear me gave me licence to perform my heart out. There was something about how dark and private it was in there that made me feel like I'd gone off-grid into a little cave.

The following Sunday, I went back. This time, there was a different receptionist who mocked me a bit for needing one microphone. I mumbled something and got into my booth as quickly as possible. On this occasion (and the following three or so), I went back to my 'sad' playlist and noticed that sometimes I wouldn't want to stay for the full two hours. As soon as I felt truly cried out, I was ready to go home.

And then one night, I was done with the sad songs. I wanted 'good riddance' songs: Gloria Gaynor, CeeLo Green... songs by Stevie Wonder and James Taylor that give me joy and hope. After about a dozen visits, I didn't go as regularly. Sundays were becoming

my day: a time to do things that made me feel happy; to try out ways to make myself feel taken care of. I had started some new rituals: one day, I left the house phoneless with just £10 and brought back flowers from Columbia Road flower market that smelled like my childhood home. I went to a cinema that shows films I used to watch as a kid. I made it my rule to actively engage in activities that weren't about clear outcomes but took me back to a time when I had permission to express myself and play.

Eventually, Sundays turned from lonely to lovely. I didn't go back to the karaoke booth. Instead, I took other tools out of my toolkit and sang terrible tunes on my sofa. (While I haven't been back to the booth in a while, most Sunday evenings, my home mic comes out). My neighbours might not rate it, but while I'm singing, my whole body feels still, and afterwards I truly feel like I've meditated for hours.

As a behavioural change specialist and coach, I've learned that while most of us have treasured hobbies in our youth, we realise at some point that if we aren't good enough, there is no point in carrying on. Rubbish. Plus, there are all kinds of endorphins to be enjoyed. For me, while I know I'll never be Dua Lipa, on good days and bad days, I will always have karaoke. There's a motto: if in doubt, sing!



Reconnect with old passions to find new joy, says Shahroo Izadi



'Eventually, Sundays turned from lonely to lovely'

The Kindness Method (Bluebird) is out now; @shahroo_izadi

PHOTOGRAPHY: GETTY



WHAT IS HAPPINESS ANYWAY?

It's the one intangible thing we're always in pursuit of, but sometimes it doesn't grow in the way we imagined. Perhaps it's only when our spirits have wilted, our bodies weathered and we have the wisdom to know how to find it that we can truly embrace it. Here, three writers share how their own relationship with happiness has bloomed

EMBRACING UNHAPPINESS

As a anxious child, Bryony Gordon thought contentment would surely come as a grown-up. But it took years of searching to realise that she needed to accept sadness first

Like most children, I spent a lot of time thinking about what I wanted to be when I was a grown-up. I wanted to be an astronaut, I wanted to be a narwhal and I wanted to be prime minister. For a fleeting moment, I wanted to play football for England, and there was a period of time when I really wanted to be a deep-sea diver or a marine biologist or both, if that was at all possible. But the thing I wanted to be most? Well, that was easy. I wanted to be happy.

Happiness... now there was a dream that felt far more impossible than turning into a sea mammal with a tusk. The notion of happiness seemed to me to come – quite literally – straight from a land of make-believe. It was an elusive feeling that I had heard about in fairy tales, but never properly experienced myself. I understood the bit where the princess felt stifled, lost, trapped in a tower with no seeming escape, but I could never quite reach the bit where she was rescued and got to live happily ever after. While my friends and siblings appeared to me, on the outside, smiley and content, I was worrying about nuclear

war, my parents dying or the house burning down in a fire. I was obsessing about imaginary aliens in the attic (they seemed real to me), getting things wrong in a maths test and whether or not my friends actually liked me. ‘Why can’t you be happy?’ my parents would ask, as baffled as I was by my endless anxiety and fear. At night, when my mother sat down to read me these happily-

ever-after fairy tales, I would start to feel a terrible dread, because any moment now the lights would go out and I would be alone with my own thoughts. Perhaps, I thought, my happily-ever-after would come when I was a grown-up?

But it only seemed to get worse, not better. As a teenager, I worried I was fat and ugly, and that I was going to fail all my exams and steal away the happiness my parents had. In my 20s, I worried that I was unloveable, that I was not enough or too much – and that I would never amount to anything. It was only in my late 30s, broken and battered from two decades of alcoholism, addiction, bulimia and OCD, that I would wind up in rehab and have the epiphany that would fundamentally change my life. It was a tough one, but I’m going to share it with you now. Ready? Okay. My obsessive quest for happy has actually made me profoundly miserable.

Oof, this sounds depressing, doesn’t it? Furthermore, it might sound counterintuitive asking a recovering alcoholic and addict with a history of depression, eating disorders and crippling OCD about happiness. But as someone who has fought hard for happy, who has campaigned for better mental health and met hundreds – if not thousands – of people just like me, I know that a lot of what I have felt throughout my life is not actually that unusual. Those seemingly happy childhood friends? From time to time, they were all eaten up on the inside, too. Every day, humans feel miserable, despairing, hopeless. Some just feel fed up. You don’t have to have had a breakdown to know what it feels like to not be happy.

My breakdown was actually more like a breakthrough. It happened, ironically, when my life was going as well as it had ever gone. I was 37, had a lovely husband, a gorgeous





*'We will be sad and that's okay; to feel a wide range of emotions
does not make you a failure – it just makes you human'*

four-year-old and a ridiculously successful career, which involved bestselling books and awards. I had just run a marathon. I did Reformer Pilates. I seemed happy. In truth, I was a raging alcoholic on the verge of suicide, and just as weirdly, it was only by getting so low that I am now able to feel reasonably high, most of the time.

Rehab, and recovery, forced me to reevaluate my relationship with happiness. Because the truth is, there were moments when I was happy as a child – but I let the sad, angry, anxious moments blot them out. My problem, I think, was that I had assumed I was supposed to be happy all the time. And happy is good, happy is wonderful, happy is divine... but it is not the only emotion. It's just the only emotion we tend to value as a society. Think back to your own childhoods and the times your parents instinctively told you not to cry. I've realised, as I've got more and more well (and, yes, happy), that actually what we need to be doing is the complete opposite – we need

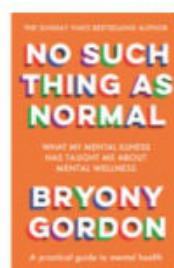
to be telling kids that they should be crying. That they should weep and wail and let it all out. I feel the same about anger. When I was a kid, any frustrations or tantrums were met with admonishments not to be 'silly'. But anger and frustration aren't silly – they are, like every other feeling out there, perfectly valid emotions that exist for a reason.

Children are told endless stories about how to be happy, and I get that – as a parent myself, I know that you are only ever as happy as your most miserable child. But I think we also need to be teaching kids how to be sad. We need to be teaching kids how to live happily, miserably, angrily, anxiously ever after. The only way to experience true happiness, I think, is to know this: that bad things will happen and we will be sad and that's completely okay. It's not nice, it's not enjoyable, but it is okay, and to feel a wide range of emotions does not make you a failure – it just makes you human.

As I write this, I am feeling anxious and weepy. I've had a falling-out with a friend, a work project has collapsed and I feel as if I annoy everyone I come into contact with. Boohoo, poor me. And yet... I'm completely okay with what's

happening in my life at the moment. These things are part of me, but they do not define me. Other things happen to be true at the same time: I am five-and-a-half-years sober, I am going on holiday in a couple of days, I have a home and a family who love me and I have been asked to write a piece for *Red* on happiness, which means I must be doing something right. I won't feel sad for ever, as long as I get on with actually feeling that sadness. Because that's what it's there for – not to be ignored or batted and wished away, but accepted.

I've realised now that happiness has nothing to do with what goes on outside of me, and everything to do with what goes on inside. That if I accept my unhappiness, if I allow it, rather than trying to stuff it down or will it away with booze and drugs, I will move through it far more quickly. And I will feel happy again. Maybe not for ever. Maybe not happily ever after. Maybe only for a fleeting moment. But for that beautiful, joyous minute or two, I will – like the sadness before it – allow it. I will feel it. I will treasure it. And I will know, in that moment, that I could not ask for anything more.



*No Such Thing
As Normal
(Headline) by
Bryony Gordon
is out now*

FINDING

THE
LIGHT

(AGAIN)

As one of life's optimists, Cyndie Spiegel wore the brightest colours to counter the darkest days. But when tragedy threatened to undo her, she was forced to redefine what happiness meant



W

e were having one of those Saturday mornings – blissfully quiet, mundane, even – when my mother FaceTimed. As soon as her image filled the screen, I knew something was wrong. I needed to go home. As a family, we needed to be together. ‘But Mom...’ I found myself saying after she told the irreversible news that would change our lives for ever. ‘Are they sure he’s not alive?’ I mean... isn’t it possible that he might be?’

Two years on, the memory of that conversation is seared into my soul; an unfathomable moment that feels like part of someone else’s weekend morning from a million lifetimes ago. My nephew had been murdered in a senseless attack, a random act of violence. And here I was, ever the optimist, trying to find the hope, because truthfully, I didn’t know how else to be.

Four months later, my mother died unexpectedly. Another month and one of my brothers had a stroke, suffering from heart failure that caused him to languish in an intensive care unit for two months. In the midst of a global pandemic, when visitors were not allowed access, my oldest brother and I called the hospital three times a day for updates. As time passed and our brother slowly began his recovery, I thought I might catch my breath.

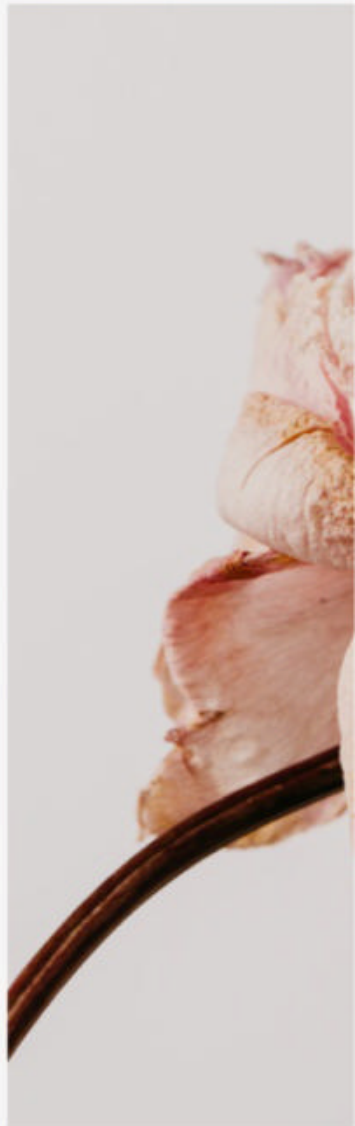
But no. Not quite yet. After a routine mammogram – the second I’d ever had – I was diagnosed with early-stage breast cancer. ‘It could be worse, we caught it early!’ I told myself. But in other moments, I felt angry and sideswiped. ‘Of course, this could happen to me. Why should I be immune to this trainwreck?’ As the days passed, never seeming to get any better, I had no emotional bandwidth to feel anything.

And yet, two years before, I’d written a bestselling book called *A Year Of Positive Thinking*, a colourful, easy-to-navigate manual sharing ideas for shifting our mindset to one of optimism. It took me only seven weeks to write, as I sauntered through life, spouting realistic ideas about ways to enjoy each day, and has since sold hundreds of thousands of copies and been translated into several languages.

For as long as I could remember, I had been profoundly positive. Kind of irreverent, but deeply earnest. I was the cute, cheerful kid; the person who wore the brightest colours to counter the darkest of days. There had even been a time when I wondered if I felt too much; if I experienced moments of joy and beauty too fully, while savouring the details of every tiny, gorgeous thing that brought me happiness. Brightly hued flowers. Neon-coloured Birkenstocks. Conversations with strangers. Friends would tell me that my outward expression of enthusiasm was contagious.

But amid so much loss, I no longer had the capacity to focus on things I couldn’t actually impact. That old version of myself felt like a lifetime ago. I wasn’t her any more. Or was I?

Unsurprisingly, I now refer to that 10-month period of time as ‘The Time That I Lived Through The Hardest Things’. I no longer expect that the ones I love will live for ever, or that I am infallible simply because I look healthy. I understand impermanence in ways that have cemented themselves to me inexplicably, but the thing I’ve come



*‘Over time, I have realised
that there is joy when we are
rooted, but also when we are
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possible to find joy alongside
grief, but also inside of
everyday comforts’*



to truly appreciate is how wild, imperfect and precious life is.

I knew I’d have to come back to some semblance of myself, and over time, I have realised that there is joy when we are rooted, but also when we are deeply unmoored. That it is possible to find joy alongside grief, but also inside of everyday comforts. That we can uncover happiness in turmoil but also in the depth of calm. Trauma destroys us, but it also rebuilds us. Happiness is still extraordinary, even when bittersweet.

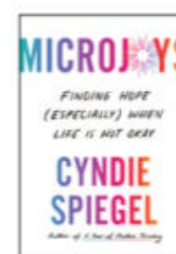
But also that, if we want to dance, we must be willing to grieve. Experiencing hard things is not optional, so we must choose hope and joy when we are able to. We will grieve, and we will lose hope, but we can go on, one foot in front of the other, until we recognise we are deserving of joy once again. And when that moment appears, we will discover whatever beauty awaits us.

My own reemergence began when I allowed myself to discover ordinary moments that are often missed opportunities for joy. I call these microjoys – a practice of discerning joy and finding hope at any moment, accessible to anyone. The moments I might have missed amid the backdrop of a busy life. Drinking the perfect cup of coffee and feeling the ink of a Sunday newspaper on my fingertips. The whimsy of our cat’s bizarre sleeping posture. The crinkle of my husband’s eyes when he laughs. The clarity of a full and complete breath.

Microjoys require a capacity to seize every experience differently – with time, it becomes a way of living. But there are also times when we must boldly chase the moments, and fundamentally understand that joy is an active choice. Some days, my joy is picking out the perfect shade of hot pink nail varnish; other days, it’s choosing to sit at a bar alone with a beautiful glass of wine while chatting to strangers. In some cases, it’s a ritual I have created for myself: days before each New Year, I now go shopping for a spectacular and completely unnecessary dress as a gesture of faith in the year ahead (how could I possibly have a horrible year while wearing a dress that is created from a ton of gold sequins?)

For me, the wisdom of accepting life as it is while finding joy anyway has been life-giving. Rather than proclaiming loudly what we want in an effort to seek happiness, microjoys simply ask us to notice what is squarely in front of us. To acknowledge and appreciate the mundane beauty of what is present. To live in the grey and still find beauty there. To seek out the tiny joys, and always choose the impractical dress because life is too short not to.

After a lifetime of having separate lives, my brothers and I now speak almost daily. We cook family recipes using Mom’s well-worn pots and pans, and double over in laughter recalling a childhood filled with sarcasm, a medley of Jewish soul food and potty-mouthed humour. We spend holidays together, reminiscing while making new memories. We enjoy storytelling and copious amounts of falling asleep on the closest sofa even while we deeply grieve. It’s the darkest days that make you realise, ‘What if we didn’t wait for the darkest of days?’



*Microjoys:
Finding Hope
(Especially)
When Life Is Not
Okay (Penguin)
by Cyndie
Spiegel is out
28th February*

STILL SMILING

**Author Margareta Magnusson,
who describes herself as
'somewhere between 80 and
100', shares her advice for
ageing joyfully**



I am the lady known for 'death cleaning', after I wrote a bestselling book called The Gentle Art Of Swedish Death Cleaning. Maybe I am a bit too Swedish and practical-minded, but I think it's very useful for bringing calmness and order to lives. The idea is that we should not leave a mountain of crap behind for our loved ones to clean up when we die; your kids may want some of your stuff – but not all of it. Why should they take time out of their busy lives to clean up our mess? Plus, it is only after death cleaning your own life that you can look around you and refocus on what to do next. With all the stuff of my life no longer weighing on me, I found I'd kept my memories but that I now lived in a smaller, simpler way. I could see my life now there was less mental and physical clutter, and enjoy it more fully.

No matter how ancient you become, there are always new discoveries; new mindsets through which to see your life and the experiences you have had. My lifetime has coincided with world wars, catastrophes and cataclysms. Looking back, it's a wonder I didn't die of fright. But no one has the strength to be terrified for more

than short periods of time. Humankind somehow continues to stagger along, surviving even the darkest times. Sometimes on very cold, dark, lonely winter days, I give in to alarming pessimism, until I remember that the end of the world has been at hand numerous times throughout history, as well as many times in my own life. The world is still here. And so are my kids.

Once you're past 80, you have to find something other than the future to be happy about. And once you begin to look, you realise the things to look forward to are all around you; there are new and familiar pleasures to be had every day. The secrets to a long and happy life do not involve jumping into the frozen North Sea or taking long saunas, or eating ground-up reindeer horn in your morning muesli. The trick is finding a way to make ageing itself into an art, where you are creative in how you approach each day. Even routines should be dear to us. Any nuisance, any pain, we must find a way to cherish.

'This body has died and it has awakened. This body has sheltered me in storms and baked an unholy number of cakes. This body has laughed and planted gardens, worn gloves and loved'

You can never start too early in preparing yourself for and understanding the ageing process. My body has borne five children, plus one who didn't live. This body has died and it has awakened. This body has sheltered me in storms and baked an unholy number of cakes. This body has laughed and planted gardens, worn gloves and loved.



I will never put a knife to it for being wrinkled, and I will always say that the important thing is to have the right sort of wrinkles. Even more important, though, is to start laughing early enough to spend more time laughing than frowning. If your wrinkles point upward, you will look happy instead of merely old.

The older I get, the more I find that I remember clearly all the things I said yes to, just when I was about to say no. I wish I had been more open-minded. Things seem to change faster all the time, and although some changes are annoying, most of them are not. There is that funny phrase: “The older you get, the more it feels like breakfast comes every 15 minutes.” That gives me a laugh

line, even though time passing and moving fast will also give me a wrinkle. You have two choices in life: to be angry, or go with the flow. To accept, even enjoy, changes can be really fun.

Having something other than yourself to care for is always important. Let’s be frank – I would die before a kitten, but having a pet is wonderful, because it connects you to another living being. Spending time with the young is also good for anyone getting older; small children are fun because they have a way of looking at things that you can never anticipate. Plus, it’s said that if you have plants to look after every day and water, you will live longer. I talk to mine: I tell them about the morning I have had, and I notice small changes in them. I may not be able to have a kitten named Katmandu, but I am happy with my fern named Anni-Frid. Each day that I am alive and they are alive feels like a marvel.

There are few things that beat hot chocolate with whipped cream as a kid, when you were sat with all your friends on a snowy day or at a birthday party and you all had white cream moustaches. You never get too old for the taste of chocolate. In the past, my friends and I used to joke that maybe the best way to keep our ageing, beginning-to-sag skin taut would be to eat second helpings of food so delicious that it would both fill us up and perhaps plump up our ageing lines. Reaching for another piece of cake, one of us would say: “It will always fill out a wrinkle.” These days, eating has become of vital importance. My relation to chocolate is now like in that film *Little Miss Sunshine* where Alan Arkin – bless him – plays the grandfather who starts doing heroin at age 70-something. What the hell, I am eighty-six. If the chocolate doesn’t kill me, something much less pleasant will.

It is never too late to do anything, unless it really is too late and you are dead. The moment you start thinking it is too late, then you begin to die. I will keep going and do all I want to do. Maybe I’ll have an art opening in New York. Currently, I have a walker with a small tray that serves as a rolling table for food and drink. Perhaps if I close my eyes I can imagine I am aboard a yacht enjoying a sunset drink and nibble with my loved ones in the South China Sea. Fending off pirates and cursing.

The Swedish Art Of Ageing Well: Life Wisdom From Someone Who Will (Probably) Die Before You (Canongate Books) by Margareta Magnusson is out 5th January



PHOTOGRAPHY: IRA JAMES PHOTOGRAPHY, ALEXANDER MAHMOUD, DARIA-SHEVTSOVA/UNSPLASH, GETTY



ou could hardly blame Katherine Heigl for being wary of the press. As an actor who's spent more than three decades in the industry, she knows how, in the wrong hands, words can be twisted. She also knows that the court of public opinion can be unforgiving and quick to assume. Then there's the fact that Tully Hart, her character in the hit Netflix series *Firefly Lane*, is at the mercy of a scheming reporter, who writes a hit piece with the headline 'Tully Hart-less'. So I have every expectation of Heigl being a guarded and circumspect interviewee.

Only, she's not. The Heigl I'm chatting to today is an open book: thoughtful, introspective and eager to speak from the heart. She might be hardened to the perils of being a public persona but she's far from jaded, and welcomes the opportunity to get into weighty topics, including her very public 'shunning' and redemption, which came after a bout of negative press in the late noughties. 'I love the deep stuff; those are my favourite kinds of question,' she enthuses.

Given her attraction to 'the deep stuff', it's no surprise that she has thrown herself into the making of *Firefly Lane*, on which she also serves as executive producer. The show, now halfway through its second series, is an enthralling watch, charting the 30-year relationship of best friends Tully and Kate. Sarah Chalke plays the awkward and self-effacing Kate. Forever in the shadow of her best friend, she's stronger than she seems. As Tully, Heigl is the reverse: audacious and outgoing, she's hellbent on getting what she wants, and becomes a successful daytime talk-show host. Yet below the surface, she's easily wounded and racked with fear.

For Heigl, 44, the opportunity to put these women's stories on the screen and explore the beautiful, messy complexities of female friendship was too good a chance to miss. 'This relationship really spoke to me,' she says. 'They have a really interesting dynamic. They so deeply



The Heigl revival

DURING HER THREE-DECADE CAREER, KATHERINE HEIGL HAS BEEN SHOWERED WITH ACCLAIM BUT ALSO BESET BY CRITICISM. HERE, SHE TELLS CHARLOTTE OLIVER WHY STEPPING BACK AND TAKING STOCK WAS THE BEST DECISION SHE EVER MADE



love each other, but it doesn't mean they don't hurt each other or that they're not flawed; that Kate isn't resentful or that Tully doesn't take advantage. It's complicated and real; it's not a fairy tale. I just knew I wanted to be part of something like that.'

The fact that Heigl herself has a complicated relationship with her character makes the job even more rewarding. 'When I first saw the script, I had a lot of compassion for Tully but I was also quite scared of her,' Heigl admits. 'I thought that her confidence – or, let's face it, her ego – was a little much for me and I was more comfortable with the Kate character; the "working mother" thing where you're constantly worrying, "Am I doing this right?" My husband was the one who said, "You've been wanting to take on a challenging character that scares you a little – do Tully!" So I did. I've come to really love her, although that doesn't mean I don't struggle with some of her choices!'

The show's success has sparked a major Heigl revival; a return to glorious form for the actor. She had retreated from the Hollywood circus in the preceding years, due, in part, to a shift in priorities towards family life, plus an unease with an industry that had built her up, only to cut her down to size so brutally. In fact, considering the arc of her 30 years in the business, Heigl's story could be the basis of a Netflix series of its own.

Having started out as a child model, Heigl made her acting debut aged 14 in the romcom *That Night*. From there, she racked up roles in TV shows including *Roswell* and *The Twilight Zone*. Then, in 2005, producer Shonda Rhimes cast her as Dr Izzie Stevens in the US medical drama *Grey's Anatomy*. The show became an instant success, and Heigl was one of its standout stars, winning an Emmy in 2007 and landing subsequent roles in hit films including *Knocked Up*, *27 Dresses* and *The Ugly Truth*. Her ubiquity in romantic comedies won her the 'romcom queen' crown and, for the next five years, she seemed unstoppable. Then came the fall.

The ins and outs are tricky to recount given that, in a post-MeToo era, her behaviour and subsequent rapprochement have been reexamined. In short, Heigl made certain comments and people were not happy. First, she said in an interview that, while she enjoyed making *Knocked Up*, she found it 'a little sexist' – adding that it 'paints the women as shrews, as humourless and uptight, and it paints the men as lovable, goofy guys'. Then, a year after winning her Emmy for *Grey's Anatomy*, she withdrew herself from awards consideration, saying she did not feel she 'was given the material this season to warrant an Emmy nomination'.

In 2009, she ruffled feathers again, lamenting on a talk show how she'd just come off a 17-hour day on set. All this led to a string of bad press. Headlines called her 'difficult to work with' – and the more she apologised, the more it seemed to fuel the negativity. She left *Grey's Anatomy* in 2010 'by mutual agreement' and, while she kept working, she lost the lustre of her earlier box-office success.

'I'm not the only person in the industry who's had ups and downs,' she reflects today. 'But it's like as soon as things were going too well, there was this need to say, "Slow down there – let's humble her." I felt betrayed; I felt





confused, wondering, “How could they turn on me so quickly? I’m just trying to entertain people.” I kept apologising, which I now realise just kept giving the whole thing a heartbeat. I thought self-flagellation in front of everybody would make them happy, but actually it made me weaker in people’s eyes and made me feel weak. I now think that one apology was enough.’

Heigl is not the only one who has reassessed what she calls ‘the shunning’. The MeToo movement has empowered female actors to speak out, and the actor has been proclaimed as ahead of her time, with podcasts and think pieces dedicated to ‘the exoneration of Katherine Heigl’. Critics and fans alike have come to acknowledge that, while some of her opinions were unfiltered, they should certainly not have been career-ending. So, does she feel vindicated?

‘Quite frankly, I feel I’m old enough and wise enough now to not trust any of it,’ she reflects. ‘Sure, they’re vindicating me today, but what are they going to say tomorrow? I know now that you can’t take any of it seriously. My father used to say, “Don’t read the good reviews if you won’t read the bad.” I now understand his point. Whether they hate you or love you, it doesn’t matter. You have to know who you are; you can’t depend on public opinion for your self-esteem.’

Does she now hesitate before speaking out? ‘I will always stand up for things I believe in,’ she insists. ‘But I also know that airing dirty laundry is not necessary and will just fuel gossip. For example, I’ll continue to take a hard stand about long working hours for cast and crew on movie sets, because it’s not good

for people’s mental or physical health. I’m not going to apologise for that stance, and I don’t really care if people agree with me or not. I’ll also keep talking about animal rights, because that’s something I’m passionate about. But if it’s a personal matter – if I’ve had a problem with somebody in a work capacity – I’ve learned to keep that a little more private.’

‘Whether they hand a child to you from your body or off a plane, you’re their mother’

Heigl’s ability to make peace with her profession has, no doubt, been facilitated by her discovery of therapy and medication. Having long suffered from anxiety, things came to a head in 2016, when, after a very low period, she finally stopped blaming herself and sought help. ‘I am very grateful for my medication,’ says Heigl, who has been taking anti-anxiety tablets ever since. ‘I was nervous to “go there” but I trusted my therapist and it changed my life. I still think back on how awful that time was. I’m very grateful I don’t feel that way any more.’

And, of course, her family is clearly a huge source of pride, joy and purpose. As soon as I mention her husband, singer Josh Kelley, and their three children – Naleigh, 14, Adalaide, 10, (both of whom are adopted) and Joshua, six – she lights up. ‘About six months after meeting my now-husband I was, like, “I’d better get a few things straight now: marriage and having a family are both really important to me; starting a family with adoption is also really important to me [her older sister, Meg, was adopted from South Korea before Heigl was born]. If those things don’t speak to you, we should part ways.” Luckily, he was, like, “I’m down with that!”’

Heigl is proud to have given a voice to adoptive families, saying: ‘Adoption has always been a part of my life – I was born into it – and I wanted my family to look like the one I came from. The moment they handed Naleigh [also adopted from South Korea] to me, I was her mother; I knew I would shield her with my life. It doesn’t matter if they hand a child to you from your body or off a plane; they are yours and you are theirs.’

The family now live a peaceful, rural existence on their ranch in Utah – something Heigl says brings her endless solace. ‘I’ve become so dependent on it,’ she muses. ‘When I’m away working, I really miss home and my bubble. My dogs, my kids and my routine keep me

grounded. It also gives my kids a sense of order and stability – they don’t have to wonder what movie set we’ll be going to next or whether Mummy will be there. I just feel like, in this house, everyone can take a big, deep breath. That feels like a great accomplishment.’

Having worked so hard for so long, reaching the apex of Hollywood and then being knocked down a few pegs, Heigl has learned some lessons along the way. ‘I used to believe it when they said, “You can have it all!”’ she laughs wryly. ‘I’ve learned now that you can’t – not at the same time. You’re always sacrificing something. So, be honest with yourself and ask, “What is your priority?” For me, that was taking a step back, making time for my family and for myself. Once I did that, the work seemed to find a nice balance, too. I didn’t eschew my career and ruin everything. In fact, everything got better.’

Part one of Firefly Lane series two is now available on Netflix. Part two airs later this year

A YEAR TO CHANGE YOUR MIND

The calendar year offers us a framework for assessing our feelings throughout the seasons, says consultant clinical psychologist Dr Lucy Maddox. Here's how to make the most of it

R

ipening
greenery. Leaves
caramelising into
burnt orange and crimson.

Blots of icy rain melting on to pavements. Nature tends to follow the same familiar pattern year in, year out. Likewise, we can count on nature's pattern to tap into how we feel, says author and consultant clinical psychologist Dr Lucy Maddox. Her latest book, *A Year To Change Your Mind*, looks at ideas from the therapy room that can help us live our lives better, using the cycle of a year to explore how different months can affect the way we feel.

'People experience all sorts of problems all year round, but research suggests some come up at one time of year more than another,' she says. 'For instance, we're more likely to feel angry in summer, when heat has an impact.' She suggests leaning into research and reframing our approach to the calendar year to tackle negative behaviours: 'A year gives us the chance to feel through all the different moods of the seasons and the patterns they might tempt us to fall into. It's also a chance to remember previous years and their landmarks of memory – joyful and painful. By learning and practising, we can live a more thoughtful life.' Here, she shares her tips on how to navigate the emotions we're likely to encounter, and when.



JANUARY

A time of making changes

We're all invited to review our lives in January, when there's often a nagging feeling that something should be different, better, optimised. The beginning of a new year and other temporal landmarks such as birthdays provide a clear opportunity to reflect on the past to improve the future, but the reality of the change and decision-making processes can be painful, and new habits can be difficult to stick to. Picking a 'one-shot' goal such as booking your first driving lesson is a good way to capitalise on these landmark time points, rather than longer-term goals that need continual motivation. It can also be helpful to make decisions in advance as much as possible – for example, putting your running gear out the night before as a useful prompt. Visualisation – imagining and mentally rehearsing the behaviour you want to do more of – is another good way of spotting potential barriers and planning how to overcome them.

FEBRUARY

A time of feeling 'stuck'

It's easy to feel stagnant in February, when the days seem to stretch out for ever. The cold can make us tense up physically, sending the brain a signal, and the dark affects our circadian rhythm, making it feel harder to get out of bed. I often ask people to keep track of one thing they've enjoyed on each day, and one thing they're proud of. These may be saying hello to someone on the street when you didn't feel like it, or having a conversation you felt nervous about. Although it's common to imagine you have to wait until you feel like doing something, sometimes we don't feel like doing the thing until we've begun to do it. Picking one thing to achieve from your list might be what it takes to start the virtuous cycle.

MARCH

A time to improve our personal spaces

There's lots of talk about cleaning in spring. The idea of a beautifully organised space is calming, so March is a time to think about how to make the areas we inhabit better for us. We often like going to settings that aren't really ours: holiday homes, spas and yoga studios, where we can escape our day-to-day messy experiences. Perhaps in pruning back our physical stuff and our to-do lists, we can make space for a more essential version of ourselves. Hot-desking in an office, for example, is not always that good for us – it can feel unsettling to go into work and not know if you will have a space to sit, giving a sense we aren't safe or valued. A small change like taking a favourite cushion into your workspace can help.



APRIL

A time to stop being self-critical

In April, as things are growing around us, we realise the season has been shifting under the cover of winter and it's suddenly obvious that things are not the same. When thinking about our growth, a part of nourishing ourselves is how we speak to ourselves. We do it every day, for most of the day, and it's amazing how often we are low-level critical of ourselves. Taking a moment to pause, catch our thoughts and evaluate the evidence for them can give rise to a mix of different possibilities. Noticing what we're doing well and accepting we'll find some things difficult can, in turn, improve the way we relate to other people, who we presume see us in the same way we see ourselves. A nice prompt to use is thinking about what we would say to a good friend when we 'talk' to ourselves.

MAY

A time to work on conversations

The promise of summer brings a sense of unfurling into the light and is certainly a time of increased possibility for connection. One of the special things about a therapy session is the undivided attention you get, but how often in everyday life do we try to have a conversation at the same time as doing too many other things? Really giving someone else your attention is a powerful signal that they matter to you.

There are lots of ways in which you can improve conversations: an always useful exercise is to think about open questions ('Tell me how you are' will always elicit a better response than 'How are you?'). Another tool is 'active listening': here, you summarise back what someone has said, in their own words, to encourage them to feel heard.

In arguments, commenting on the process in the room is one way of taking the heat out of a conversation. By saying, 'I think we're getting caught up in blaming each other when actually we're both trying to solve this problem,' you can stop falling into the same patterns.

JUNE

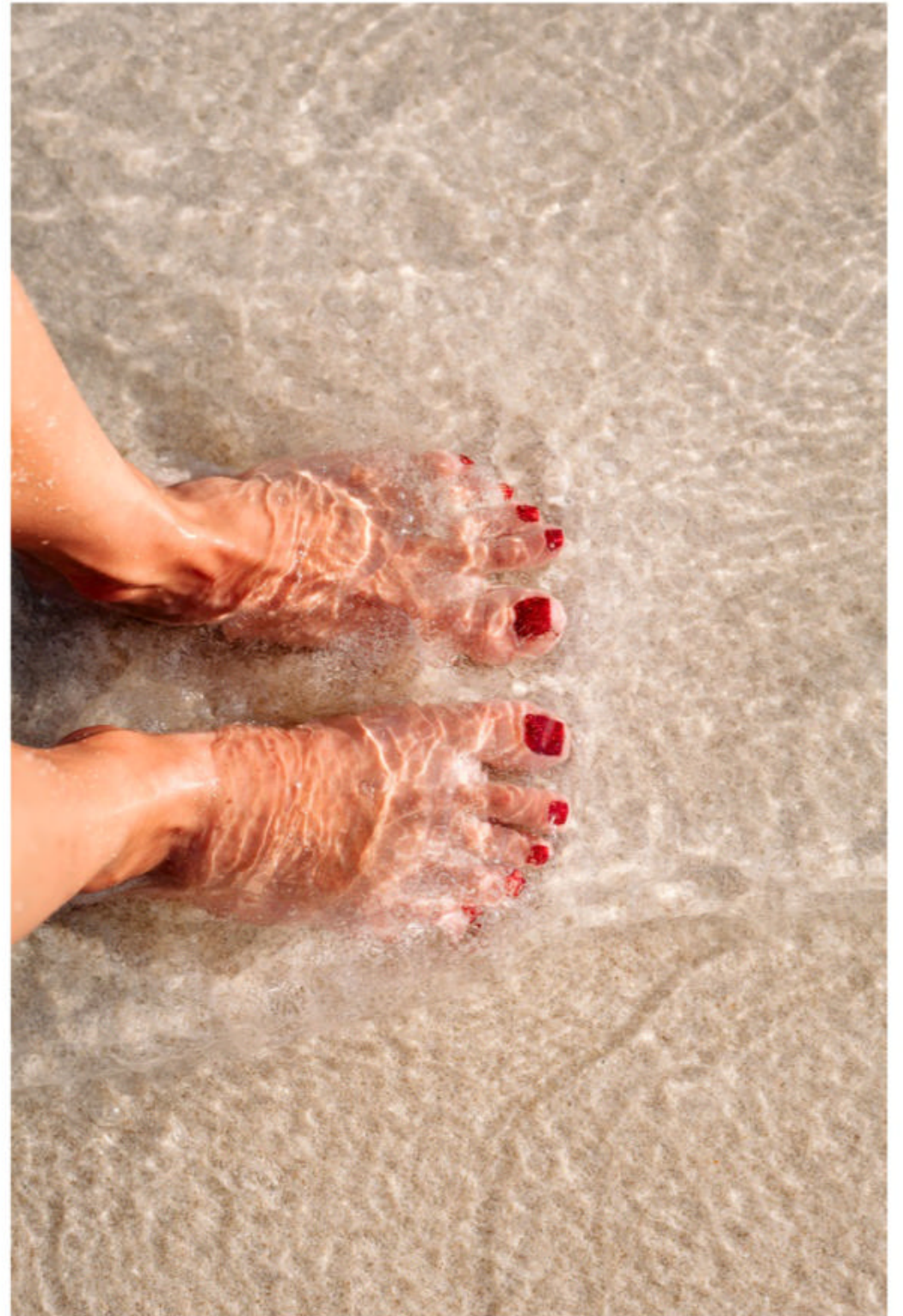
A time to be social

Parties, holidays, weddings... We let loose a bit more in June, and the longer evenings energise us. We have more time to do things and meet people, but this can sometimes create social anxiety, particularly in the aftermath of all the social withdrawal we've encountered in the last few years. Most of us worry to some extent about how we come across – but the trick is to try to shift our attention to other people, so we can get absorbed in what they are saying rather than stuck in our own heads. Treatment in therapy for social anxiety is very similar to treatment for any anxiety problem, in that it involves doing the opposite of what makes us feel at ease, albeit gradually and in a way that helps us to feel in control.

JULY

A time of uncertainty and angst

July has always been a warmer month, but in recent years the summer heat has ramped up. Anxieties about climate change are one thing, but existential crises come in many forms, from break-ups to health problems. Consciously trying to stay in the here and now can be valuable, as can comforting ourselves with rituals and routines, such as making a cup of tea or taking a walk and listening to the birds. It's also worth remembering that our ability to tolerate uncertainty isn't fixed; it is influenced by how much we have at stake at the time. A useful exercise is categorising information we are searching for into three different types: information we need to know, that which might be interesting to know, and that which is unhelpful.



AUGUST

A time to manage anger

A whole range of studies has looked at the associations between hotter climates and increased levels of anger (with correlations between heat and peaks in violent crimes). One study found that the increase in violent crime over summer was related to the number of hot days in that period. Hot, sticky days and sleep-starved nights in August can fray our nerves and, while it's easy to feel that anger is a negative emotion, it can actually be energising, motivating us to change a situation. (Sometimes it's also a helpful signpost to another emotion, such as sadness or worry, and can act as a cover). Instead of getting caught up in angry thoughts, using perspective shifts, such as zooming forward in time and naming the emotions that are passing through, can help us respond more thoughtfully rather than reacting in a way we later regret.

SEPTEMBER

A time to focus on work

September always reminds me of the mix of fear and excitement before a new school term began. Back-to-work panic can prompt heart-sink, but it doesn't always mean we're in the wrong job. Often, we're experiencing something outside our comfort zone that will stretch us and encourage us to grow. Job crafting is the idea that we can tweak and tailor our jobs to some extent, to make them feel like a better fit: a good starting point is to look back over a couple of weeks of work and notice when we felt happiest or in a state of 'flow' (fully absorbed in what we are doing). Those times are the sweet spots of a working day, and making sure you have a task nearly every day that you gel with can be one way of crafting your job into something you enjoy more.



OCTOBER

A time for reflection

Autumn and winter happen every year, but the change can still feel melancholy. As the leaves fall, it makes me think of other cycles of loss we experience throughout our lives, and how our fear of loss can be used in constructive ways. One effect of loss is that it can prompt us to do things, such as spending more time with people we love or saying the things we want to make sure are said; Elbow singer Guy Garvey spent 10 years recording conversations with his dad, and doing this can mean you have those for ever. Although they may be couched as more 'minor', other traumatic experiences can also loom large. Psychodynamic theory talks about the 'manic defence' of keeping so busy that we can't feel difficult emotions. Sometimes we need to reflect on the difficult and the painful to make some meaning of it and be alert to possibilities we might want to explore.

NOVEMBER

A time to rest

There can be a relentless desire at this time of year to push on regardless but, more than ever, we really need to pay attention to rest. Take a moment to stop and appreciate any chance to rest that you have, however insignificant it might feel. Those moments of stopping, savouring and maybe even sleeping can help November feel like a cosy cocoon instead of a claustrophobic, miserable month. I used to find it really hard to rest and would end up planning multiple things and enjoying all of them a bit less because I was just so tired. In this situation, try settling on a few restful moments: reading the paper in bed at the weekend, lying down on the couch and listening to a song, or using a bus journey to listen to a podcast instead of checking your emails. Sometimes we have to schedule rest in order to make it happen.

DECEMBER

A time to manage expectations

Christmas is a time of negotiating with family and managing expectations. Sometimes, when we go back 'home', we slip into speaking in ways we wouldn't if someone else was watching. Why is it okay to be so much ruder to our own families? What would happen if we treated them with the same care as a family we knew less well? In thinking about what might make Christmas nice for someone else, we might be less invested in it being a certain way for us. Studies of general wellbeing at Christmas show people tend to feel worse at this time of year, with one exception: followers of Christianity. Maybe it's because there's a higher spiritual meaning that can be tapped into, helping people to sidestep their own expectations and think about the needs of others and the meaning of the day with a wider lens. The latter is something we can all do.

WORKING IT OUT



**From fertility policies
to support for those
going through
menopause, is the office
finally falling in step
with women's lives, asks
Nicole Mowbray**

Madeleine Macey has spent seven years trying to have a second child while juggling the demands of a thriving career. Soon after she was appointed as chief marketing officer at Liberty in 2017, she suffered a miscarriage. ‘Joining Liberty was my biggest career moment to date,’ she says. ‘But working and leading a team while quietly battling infertility has been really hard. When I lost the pregnancy, I felt unable to share it with my colleagues. There isn’t a culture of talking about baby loss in the workplace and I worried that my desire for another child would be seen as a lack of commitment to my new role.’ Due to important work commitments the same week, Macey worked through her miscarriage, at great emotional cost. Two further miscarriages followed, which she again did not discuss.

Ironically, it was the pandemic that gave Macey and her husband (who is self-employed) the ‘freedom’ to embark on three rounds of IVF treatment. ‘Working from home meant I could attend the necessary appointments without having to explain why I couldn’t be at business meetings, or I could do them online while quietly cradling a hot water bottle,’ she says. And, while those cycles were ultimately unsuccessful, they did instil a drive in Macey to shake up the workplace support system for others going through infertility. In early 2022, Macey – who is now also the brand’s creative director – approached the rest of the leadership team at Liberty with a proposal for enhanced workplace policies around fertility. The policies would be developed by Liberty’s HR department and Fertility Matters At Work (FMAW), an organisation helping businesses become ‘fertility aware’. Liberty now offers flexible working and full pay during fertility treatment for men and women. ‘We also support all routes to family, whatever your orientation or situation, and offer paid time off for miscarriage and baby loss; maternity and paternity leave for surrogacy and adoption; and counselling,’ says Macey. ‘There’s no obligation to share this at work, but support is here, with managers trained by FMAW

in how to discuss fertility issues.’

Changes in the law may be afoot, too. MP Nickie Aiken has teamed up with FMAW to table the Fertility Treatment (Employment Rights) Bill currently going

through Parliament. If passed, this will class IVF as a medical appointment, mandating the legal right to paid leave.

Liberty is just one of a growing number of companies pledging to bring the workplace more in step with the needs of its employees and, in particular, women. In 2021, NatWest began offering staff discounted fertility treatments including IVF and sperm-freezing, as well as baby-loss support. Energy company Centrica also partly funds reproductive treatment for staff and, in October 2022, Co-op announced a new policy of flexible and unrestricted paid time off for staff undergoing fertility treatments, after its chief executive Shirine Khoury-Haq shared her own experience. ‘Having gone through all of this myself, I felt very lucky to be in a supportive professional environment,’ she says. ‘Unfortunately, this isn’t always the case.’

Khoury-Haq is right. While companies such as NatWest offer a non-discretionary minimum of two weeks’ bereavement leave if a baby is stillborn or a miscarriage occurs after 24 weeks (before that time, employees are still entitled to special leave), a 2022 survey by the Chartered Institute of Personnel and Development (CIPD) found that just one in three organisations has a formal policy to support employees who are in this situation.

It seems that while we are making strides, there is still a way to go – a running theme when it comes to supporting women in the workplace. Read on to see what other changes are afoot...

‘RECENTLY, WE’VE SEEN TABOOS BROKEN DOWN’

MENOPAUSE LEAVE

While it’s estimated that as many as a million women have felt forced to reduce their hours at work, pass up promotions or even quit their jobs due to lack of menopause support, we’ve recently seen taboos broken down and conversations happen more publicly. Professor Dame Lesley Regan is the chair of Wellbeing Of Women, a charity instigating the Menopause Workplace Pledge scheme, calling on employers to ensure everyone going through the menopause is supported. At the time of writing, more than 1,700 employers, big and small, have signed up.

‘Nearly 5m women aged 50-64 are in employment in the UK. They represent the fastest-growing demographic in the workplace,’ says Professor Dame Regan. ‘Employers can play a key role in helping women to manage their health and wellbeing at this stage in life. By doing so, they can help ensure a gender-equal working environment, support women to reach their potential and benefit from the enormous expertise and experience they contribute to the workplace.’

Royal Mail now offers menopause training and an internal campaign to normalise conversations around it; Hearst Magazines, publisher of *Red*, also provides menopause training and a support group of Menopause Ambassadors, while Tesco, one of the largest private employers in the UK, has menopause guidance and training in place, and plans to change its uniform to incorporate a breathable fabric to help with hot flushes.

BURNOUT

In 2021, one in three women was considering changing jobs, or leaving the workforce altogether, due to burnout. This is one of the findings of that year's Women In The Workplace report by LeanIn.Org and McKinsey & Company. Meanwhile, data from the British corporate wellbeing platform 87% shows that women are 23% more likely than men to struggle with poor work-life balance, and 45% more likely to suffer from work stress. 'Burnout occurs when you feel emotionally drained and unable to keep up with life's pressures, and among many possible reasons for it is the way societal structures and gender norms interact,' says Gosia Bowling, Nuffield Health's national lead for emotional wellbeing. Indeed, 2019 research by University College London found that women who live with men still do the majority of household tasks. Often, the responsibility for anticipating, planning and organising anything pertaining to family life (known as the 'mental load') still falls disproportionately to women, too. Joeli Brearley is founder and CEO of Pregnant Then Screwed, a charity dedicated to ending what is called the 'motherhood penalty'. 'A large proportion of mothers do not ask for the flexibility they actually need, but rather the flexibility they think their employer will grant,' she says. 'This can leave employees feeling overwhelmed, even if the request is granted, and they can look as though they are underperforming.'

An obvious way to help prevent burnout is for employees to work fewer hours, or work more flexibly. More trailblazingly still, companies can offer staff unlimited annual leave, as the likes of Netflix,

Dropbox and LinkedIn have done.

In October 2022, Labour MP Peter Dowd tabled a bill in Parliament to reduce the maximum working week from 48 hours to 32, with employees retaining full pay. Data from British firms involved in a trial has shown that productivity has, in most cases, been maintained or improved.

CAREER BREAKS

Women are nearly three times more likely than men to have to take time out from their careers to look after family, according to research by insurance agency AIG Life. The 2019 study showed that 74% of women are the main carer for children, taking short or long periods off work to look after family, compared with just 26% of men (and this was before the effects of the pandemic, when even more women left the workplace to undertake caring duties). HMRC figures reveal that only a third of eligible fathers took paternity leave in the year 2021-2022 and, while the Government estimates take-up of shared parental leave (where both parents split a period of leave between them) is between 2% and 8%, Maternity Action's analysis of the figures reveal a different story, with between 3% and 4%.

When it comes to caring for elderly relatives, 76% of women believe they will be the main carer for a relative, compared with 62% of men, and only 33% of women who take time out for elder care plan to return to full-time employment, contrasting with 59% of men.

The knock-on effects of career breaks are evident. A 2022 study by recruiters Reed and Research Without Barriers found 69% of women felt career breaks made them less confident in their careers and eroded their self-confidence, and 67% were afraid to negotiate their pay upon returning, due to 'diminished self-assurance'. It's an issue some companies are trying to combat head on. In 2017, Vodafone launched its ReConnect campaign across 26 countries, to 'attract talented women who have left the workplace for several years (in most cases to raise a family) and who would like to return to work on a full-time or flexible basis but are struggling to make the professional connections needed or refresh the skills required.'

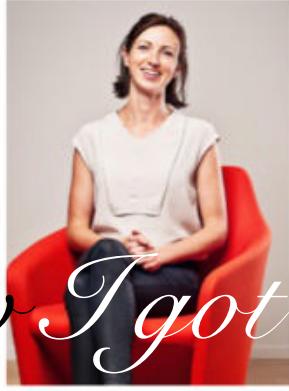
Samsung has a policy of not asking a candidate's pay history, as it believes this can exacerbate inequality. Similarly, organisations such as the Trussell Trust, UNICEF and Penguin are backing the #DontMindTheCareerGap campaign. Launched in October 2022, it is designed to end discrimination around career breaks by asking job candidates to share only the number of months or years they spent in previous roles on their CVs, rather than specific dates.

'THE "MENTAL LOAD" STILL FALLS MAINLY TO WOMEN'

SO WHAT NEXT?

The last decade has certainly seen huge strides forward in terms of many types of support for female employees. Data from the Office for National Statistics (2022) shows that the number of working women is now 2m more than in 2010, with women in high-skilled jobs up 38.5% and women in top management roles increasing by almost 25%. But, while many businesses have taken active steps to make the workplace more inclusive of women and families, still more needs to be done to retain these employees. 'One example is shared parental leave,' says employment lawyer Julie Sabba, of MLP Law. 'It was introduced eight years ago to spread leave and childcare responsibility between parents but, almost a decade on, take-up remains minimal.'

Claire Ingle of Fertility Matters At Work agrees that more progress is necessary. 'Companies really need to start getting this stuff right,' she says. 'The next generation of employees is demanding more workplace support across many areas – and rightly so. If an organisation wants to attract – and keep – the best team, genuinely caring about their employees' lives is imperative.'



How I got here

ANGEL INVESTOR **Kirsten Connell** ON HER CAREER JOURNEY



Of the UK's 36,800 angel investors, only 14% are women – and fewer than 0.5% of those have more than 10 businesses in their portfolios. Venture capitalist Kirsten Connell fits into this tiny margin, with 30% of her portfolio representing companies founded by women, from Béa Fertility to Bloom Money. She also supports businesses through her work running the pre-seed investor fund at Octopus Ventures. **I WAS CLUELESS ABOUT INVESTING WHEN I LEFT BUCKINGHAMSHIRE UNIVERSITY IN 2007**, but I was told by a recruiter that I had the right skills to work at a small venture capital firm called E-Synergy, where I took my first job matchmaking independent angel investors with small start-ups. At the time, I was exposed to hundreds of founders, but didn't think that I could be of value. In fact, it never crossed my mind that I would end up as an investor. **MY FIRST JOB INTRODUCED ME TO PEOPLE FROM ALL WALKS OF LIFE**. Every day, I met people looking to solve problems impacting them, such as finding affordable Afro haircare. Europe's start-up scene was just taking off at the time and there was a real 'pay it forward' attitude from those who had found success, such as the founders of Skype

a week, but start-up culture involves a lot of late-night fast email correspondence and long days. Like many working parents, I was commuting an hour, only to be the last person at the nursery. Although I had no experience in tech, I got a role at a company called CyLon, which was 10 minutes from the nursery. The founder thought my commercial expertise could be of value in teaching founders how to sell themselves to corporations full of cybersecurity generalists.

I STARTED INVESTING WHEN I REALISED PRE-SEED TECH START-UPS WOULD HAPPILY ACCEPT EVEN A SMALL INVESTMENT. I would save small sums of

my salary (£1,000 over three months, for instance), which was not easy in my mid-30s with three children and a mortgage to consider. But I approached investing with the perspective that you can only invest what you can afford to lose. I've probably invested in 20-30 businesses now and have already seen a 50% return on my investments.

AROUND 30% OF MY INVESTMENT PORTFOLIO INCLUDES FEMALE-FOUNDED COMPANIES.

Far more men invest than women and most start-up founders are men – in the past the industry has been quite

'A good founder is a natural storyteller who has a bias for action'

and Skyscanner. Nowadays, that world is so much bigger, and the pool of investors and founders has grown, too. A good founder is a natural storyteller who has a real bias for action; they can tell you not only why they are passionate about their idea, but also how they can uniquely tackle a problem.

AFTER FOUR YEARS AT E-SYNERGY AS A DEAL ORIGINATOR, I MOVED TO SEEDCAMP, ONE OF EUROPE'S MOST SUCCESSFUL PRE-SEED INVESTORS.

I travelled around Europe meeting business founders, deciding which founders and products to invest in. Even though I had no experience, the partners at Seedcamp trusted me to decide who they should be meeting. They introduced me to a network of tech-industry founders, including CyLon and Octopus Ventures, which both became future employers.

HAVING MY FIRST CHILD CHANGED EVERYTHING. Seedcamp was accommodating, letting me work four days

network-driven. As a woman, I'm always interested in addressing that imbalance, plus I can see problems affecting women that men can't. Béa Fertility, for example, brings clinical-grade fertility treatment into the home, to help women inseminate themselves non-invasively. With NHS guidelines restricting who has access to treatment, it's a unique solution to a problem that, as a woman, I can see working.

THE INDUSTRY HAS LEARNED THAT DIVERSE TEAMS PERFORM BETTER. More funds are popping up to increase diversity in the industry, such as Alma Angels, where all members pledge to invest in female-founded companies. I want to change the makeup of angel investors, not only to encourage women from all backgrounds to get involved, but also to restore the numbers of female-founded businesses after they suffered during Covid, and to improve wealth creation for women. For me, it's a win-win.



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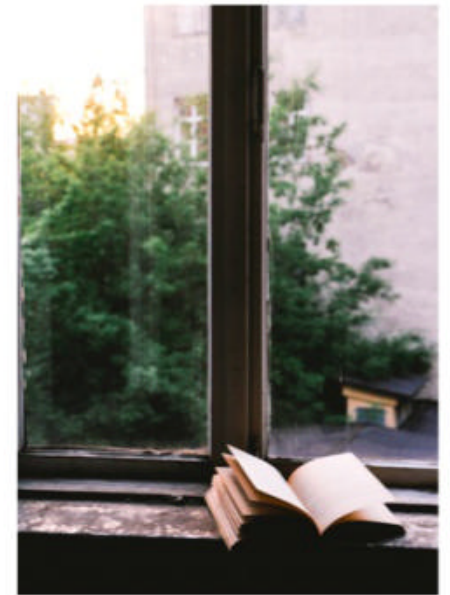
THE NEW OLD

Some preloved fashion sites are so well known they need no introduction, so I'm always delighted to find new ones! Here are a few I've recently fallen in love with:

Stillwhite For me, a wedding dress that already has a story adds to the romance. Here, you get to choose from more than 70,000 gowns. It's user-friendly for both buyers and sellers, too. stillwhite.com

Preworn It can be hard to find that middle ground between secondhand luxury items and not-so-great charity-shop donations, but this site hits just the right note, with items from Anthology to Uniqlo. preworn.ltd

Build A Bundle The perfect way to buy preloved children's clothes, this allows you to assemble your own bundle and pay just one postage charge. Clothes are sent in reused postbags. buildabundle.co.uk



4 SIMPLE PLEASURES

Hiking The AllTrails app (alltrails.com) lists more than 200,000 trails worldwide that can be sorted by length, difficulty or activity (hiking, running or cycling).

You can also filter by dog- or child-friendly trails. **Library books** It wasn't on the book list when I was a schoolgirl in France, but I recently took out Jane Austen's *Pride And Prejudice* from my local library and it has given me a new appreciation of classic English literature.

Sunrises Watching the orange glow of the sun coming up while sipping coffee from my Liga mug (loveliga.co.uk) fills me with joy at the possibilities ahead.

eBay auctions I love the excitement of winning in a last-minute auction – especially when it's a secondhand fashion find. I recently picked up a leopard-print maxi skirt with perfectly irregular spots after searching for ages.



ECO COFFEE MUG, from £14, Liga

THE ECO INFLUENCER



OUR COLUMNIST
ARMELLE FERGUSON
SHARES GREEN
WAYS TO FIND JOY
THIS MONTH



NOTES FOR LIFE

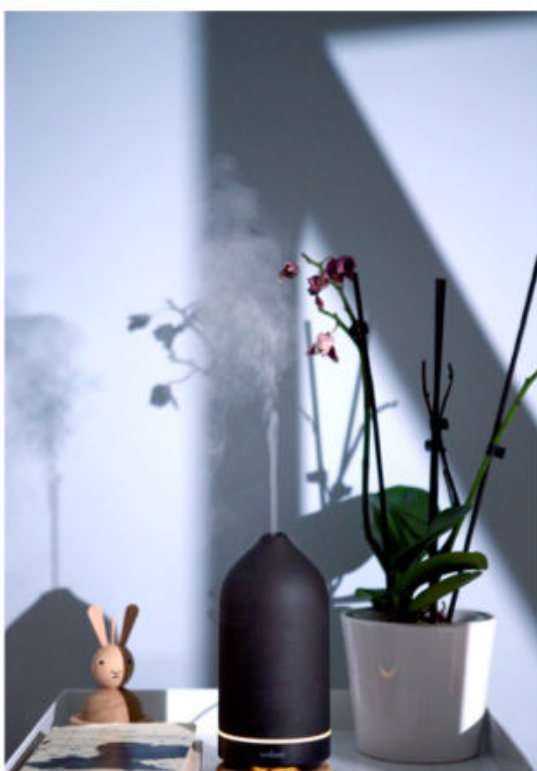
I have always been jealous of people who have the discipline to journal every day, and a key step in helping me to find the joy of putting pen to paper myself has been discovering Vent For Change's beautiful Reclaim notebooks. The covers are made using reclaimed cotton and wool and 100% certified sustainable paper.

RECLAIM A5 NOTEBOOK: BLACK WOOL, £13.99, Vent For Change

BREATHE HAPPY

Lighting an oil diffuser is one of my favourite ways to unwind, and this one by Volant is a new favourite. Handmade from high-quality porcelain, its gorgeous cover is beautifully matte, with a timeless minimalist look.

OIL DIFFUSER,
£85, Volant





So long, digital detox; instead, Georgia Green was determined to make her online experience more positive. Here's how she put the LOLs into scrolling



A

s I attempt the 13th retake of my BeReal post for the day, I realise this isn't exactly the point. For the uninitiated, BeReal is the social media app that soared in popularity in 2022 for its more 'authentic' approach. Once a day, every user receives a notification at the same time to post a photo of what they're doing in that moment – the catch being the app takes a photo from both the front- and back-facing cameras simultaneously.

Call me old-fashioned, but I don't thrive on the idea of having to share an unflattering photo of myself at any given moment – including when I wake up, eyebags and all, or as I'm running for the train. And that's before

I get on to thinking about how I can make what I'm currently doing look more exciting than the reality, which is usually staring at a Word document on my laptop.

You might say BeReal just isn't for me, but I've forced myself to download it as part of a month-long journey to see if I can clean up my social media act. It's fair to say that most of us want to spend less time on our phones and even less time scrolling through social media. A small informal poll of the *Red* team shows some of my colleagues easily rack up more than six hours of phone screen time a day (with the apps taking up the most time being TikTok, Instagram and WhatsApp). While my daily average is around three hours (which I didn't think sounded horrendous), the reality is that equals 21 hours a week – nearly an entire day.

But the negative impact of social media goes beyond wasted time. It's become a place where we seek validation through likes and comments – or a stick to beat ourselves with when everyone else seems to look better/feel better/have more than us. It gives the deepest, darkest internal parts of us the permission to compare ourselves with the glossy, external, curated versions of other people we see online.

Numerous studies have proven a correlation between social media and mental ill health. A study by the Royal Society for Public Health found that social media is linked with increased rates of anxiety, depression and poor sleep, and is often described as more addictive than cigarettes and alcohol. Meanwhile, news stories of teenage girls taking their own lives because of the negative effects of social media are all too common.

At the end of a particularly long session scrolling through endless over-polished photos, algorithm-served viral videos and forced opinions, I'm left feeling as I would after eating a greasy takeaway – hollow, and a bit disgusted with myself. But there must be a way I can find the right balance. After all, there is a lot of good to be gained from social media when used in the right way (more on this later).

I've heard about some new platforms that were promising to be the new wave of 'anti-social media' social media, including BeReal, Somewhere Good, WeAre8, Cappuccino and Mastodon, so I download them all optimistically. I decide to try out Instagram and TikTok's new screen timers, too – a bid to help users have a better relationship with social media (apparently). Finally, I plan to make acquaintance with the iPhone's 'Do Not Disturb' function for the first time. Social media management, here I come...

After trying – and failing – to get on board with BeReal (I can't find many people I want to 'be real' with, and its Discovery tab – which enables you to see posts from all over the world and 'connect' – feels counterintuitive), I move on to Somewhere Good, which launched in the US last year. Here, there are no photos to like or loathe, and no followers,

'THE NEGATIVE
IMPACT OF
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ads, algorithms or profiles: instead, just thoughtful daily discussions that users contribute to using voice notes (helpfully encouraged by daily conversation prompts in a curious tone, for example: ‘How do you connect with your ancestors?’).

It’s an interesting concept, despite the fact that I personally hate sending and receiving voice notes (and can probably count the number I’ve recorded on one hand). Still, I’m aware that maybe I’ll feel different sending them to a community of like-minded people who have no clue who I am (literally none, as there are no profile pages and therefore zero routes to building an ‘online brand’). Here, the emphasis is on what you can contribute to the daily conversations, which I would say are more honest because nobody is there to gain unobtainable likes or followers. It harks back to the days of the first social networks, such as Myspace, Facebook and Bebo, which – aside from existing to facilitate an online extension to your existing IRL friendships – helped like-minded people find one another. With 10,000 people on the waiting list before it launched in the US in April 2022 and \$3.75m raised in seed money, it seems Somewhere Good – though not in the UK yet – is on the right track.

I decide to continue tackling my aversion to voice notes with Cappuccino, a UK-based app specialising in sharing voice notes with your friends rather than a whole app community. It only has 138 reviews on the App Store so far, so it’s clearly still in its infancy, but the results are not disastrous. I force a few (unwilling) friends and family to join with me and am surprised that hearing from my brother while his one-year-old baby cries in the background adds another dimension to an otherwise generic chat. Meanwhile, replies to a prompt asking my friends what they’ve been up to that day have me grinning at my phone. Generally, I find listening to audio more personal than reading a text, with the added layer of intonation that’s lost in written messages. Plus, I can get on with other things while I listen. Although I would say that the only reason you’d use Cappuccino over WhatsApp is the convenience of having

all the willing voice-noters in one place.

By the end of week two, my screen time is more than three hours a day, and I’m not using my existing social media apps any less than before. Opening up Instagram and TikTok, I enable the screen timer features. I’m unable to do this in Twitter itself, so for that one, I head into my iPhone settings. Of the three apps, I use Instagram the most – on my first time-limited Saturday, I reach my ‘daily limit’ before 10am. On Twitter, I’m also alarmed by the rate at which I reach my daily 30-minute limit (annoyingly, you only have to press ‘OK’ to remove the timer, after which you are free to continue scrolling). Still, I’m starting to feel a little

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more in control of my phone rather than the other way round; just being aware of my screen time is helping to stop those 10-minute scrolls spiralling into anything worse.

I move on to testing out the iPhone’s ‘Do Not Disturb’ function, which I must admit I’ve avoided for years out of fear. I worry about missing out on things, but will also admit to a tendency to pick up my phone as a procrastination tool when I’m stuck on something at work. Even a simple text coming through usually ends with me also visiting Instagram, checking Twitter and replying to a meaningless WhatsApp. With ‘Do Not Disturb’ switched on, my phone is no longer flashing, blinking and clawing at my attention. It’s a joyous feeling to be free of its digital shackles, even for a few hours. Sometimes my scrolling is intentional – it’s a way to decompress after a long day’s work – but when I’m with family or friends or at work, social media distracts me from being present.

Which brings me back to BeReal. As I’m out and about at a hen party, looking my best self and being ‘present’, my daily notification pops up and I happily post a picture for the day. This is in vast contrast to those moments when I’m on a dog walk or hungover in bed, when I can’t think of anything worse than revealing my true self to the world. Sometimes, when I see others are doing as equally mundane things as I am, it can be comforting.



Over the next few days I try Mastodon (heralded as the new Twitter, this app promises ‘stringent anti-abuse and anti-discrimination policies’ by directing users to join ‘servers’ where they can have more positive conversations) and WeAre8 (encouraging users to ‘share the good’ in life by posting fun videos while simultaneously getting paid to watch adverts). Once I get over the new lingo on Mastodon (‘tweets’ are ‘toots’ and ‘retweets’ are ‘boosts’), I get the point that it’s a positive and inclusive space: I find out about a scheme donating books to food banks and scroll past desktop-style landscape photography – a far cry from the toxic, argumentative comment threads of Twitter. But it’s also obvious that it’s populated mostly by left-leaning people, which does make me wonder if it’s simply creating the perfect echo chamber.

Meanwhile, WeAre8 – which I felt compelled to download after seeing adverts in London Tube stations – is essentially an algorithm- and ad-free content feed that you can’t contribute to unless you’re a verified creator. Its biggest selling point is that you get paid to watch adverts, which tend to revolve around subjects such as climate change, but I’m not sure what that does for my wellbeing (never mind the fact that I’ve only made 96p in three weeks).

So, what have I learned? That all social media is littered with annoyances of some degree, and once an app attracts a big enough audience, it becomes less social and more just, well, media. I’ve begun using ‘Do Not Disturb’ on a daily basis and sometimes leave it on for most of the day – it’s about the only thing that helps me truly feel like I have the upper hand in my relationship with my phone. I’ve also tried to stick with voice-noting in lieu of texts.

While Instagram, Twitter and TikTok will probably never lose their appeal for me, I’ve now Marie Kondo-ed my feeds – eliminating any account that doesn’t spark joy while also adding ones that have pure entertainment or educational value. For me, that’s waving goodbye to gym-going influencers and hello to accounts such as @adailycloud, which shows art made out of cloud pictures.

Can social media truly become one’s happy place? Maybe, but there’s no doubt you can still definitely have too much of a good thing.



Smile scroll

ACCOUNTS TO MAKE YOU FEEL GOOD

TWITTER

@WeirdMedieval

If you like your history with a lot of humour, this account posts pictures of bizarre medieval artworks – one recent post featured a man throwing up a reptile.

@dog_rates

Simple but effective – people submit cute photos and videos of their dogs, which the account then rates.

@womensart1

Created by author and art historian PL Henderson. I’ve discovered countless new favourite female

artists from all over the world.

@josierones

Comedian Rosie Jones is easily the funniest person on Twitter, IMO. Her humorous daily musings never fail to lift my spirits.

INSTAGRAM

@thepsychologymum

Dr Emma Hepburn’s psychology doodles are great at putting things into perspective in an easy-to-understand way.

@thepoolguym1

I didn’t think I’d enjoy watching mucky pools

and hot tubs full of debris being cleaned. Then I stumbled across The Pool Guy’s account and now I’m hooked.

@the_pastaqueen

One of life’s greatest pleasures, pasta, cooked to beautifully dramatic effect by The Pasta Queen (aka Nadia Caterina Munno).

@paintwarrior_

If you like anything that can be categorised as ‘oddly satisfying’, then The Paint Warrior’s expertly applied brushstrokes deserve a spot on your feed.

TIKTOK

@zoebreadtok

Zoe performs silly, low-level pranks in custom-made T-shirts and makes herself the butt of the joke.

@abielarkecomedy

Abi’s a rising star on the comedy scene and I particularly love her ASOS HQ sketches, which poke fun of the ridiculousness of fashion.

@adrianbliss

Another young comedian whose sketches involve elaborate costumes, deadpan delivery and anthropomorphism.

‘IN THE DARKEST
MOMENTS,
THERE’S ALWAYS
SOMETHING
FUNNY’



After a turbulent couple of years, comedian Tom Allen tells Ella Dove why laughter really is the best medicine

'Some people make jokes to laugh. Others make jokes to survive,' says comedian Tom Allen. While known for his gentle, observational and acerbic wit, today, the much-loved comedian is reflective as he greets me on Zoom from the back of a taxi winding its way through London. 'I think I'm in the latter category,' he muses. Humour, he explains, is how he and his family have always processed – and coped with – difficult emotions. 'You realise that even in the darkest times, there are moments of levity – there's always something funny to be found,' he says. This was particularly true in 2021, when Allen's beloved dad died aged 80, having suffered a heart attack.

'I remember the undertaker was dressed up in a bright waistcoat and striped trousers, which, combined with a walking cane and top hat, made him look like Willy Wonka. I thought he was going to do a forward roll and walk us into the chocolate room,' he smiles. 'Instead, we walked into a crematorium, and the first thing we saw was a sign that read: "What to do in the event of a fire". I just thought, "Well, isn't that why we're all here?" Those kind of things make it more bearable. I think the thing that draws us to humour and laughter is our common humanity – the things we all share. And death is one of those things.'

Allen's latest book, *Too Much*, recounts his journey with grief. It's his second memoir, and it's clear that he feels he's changed a lot since the release of his first, *No Shame*, in 2020. In the introduction to *Too Much*, he explains how he finished his last book 'with a sense that maybe my life had only been half-lived'. 'I was 37 and had never been in a relationship, I could barely drive a car, I hated the suburbs (namely my home town of Bromley) and I was living at home with my parents with a desperate sense, which I'd carried since childhood, that I should stay at home to protect them.'

Fast forward to today and Allen has embraced life in suburbia – he's bought a house down the road from his family, found love in his first relationship with boyfriend Alfie and grown through his grief, using writing as catharsis and a way 'to connect with people'. 'A book felt like a good way to do that,' he says. 'I spent a long time running away from suburbia and thinking the life that Dad had created for us was so boring. But then, just before he died, I realised that actually, I really liked suburbia. I always thought I'd live in the city, travel the world and go to New York. Now I think: "Actually, I quite like a simple tea and going to bed early."'

Allen has always been very close to his parents. Raised in a working-class family – his mum worked as a sales assistant at the Army & Navy Store and his dad was a coach driver – he grew up in a home full of love and laughter. And yet, he says, he always felt 'a bit unusual'. 'As soon as I could talk, I had this posh voice when my parents weren't posh at all,' he recalls. 'So wherever I went, people would ask me where I came from. My mum really liked it and would say: "Go and talk to those people over there, you've got your nice voice."'

'At school, I didn't have many friends because I told the other children I was an emperor,' he laughs. 'And then as a teenager, I was obsessed with etiquette and laying the table nicely – unusual things for a 14-year-old in the 1990s, when everybody else was concerned with Britpop and lad culture. So I was always an outsider, and I felt like I was removed from everybody around me. I'd dress up in Victorian clothing in a bid to distract people from the fact that I was gay, which was a flawed plan, I think.' His early career aspiration was to become an actor. 'I thought that was the way to live in a kind of flamboyant world; you're allowed to be eccentric in the theatre,' he says. He went on to train with the National Youth Theatre, performing in London and Manchester. 'I didn't really know where my life was heading, but then some friends recommended I have a go at stand-up. To start with, I thought it was a ridiculous idea,' he says. 'Back then, it was very much something blokes did in smokey bars; it was quite an aggressive place. But I liked the audacity of doing it for that reason. So I had a go; it went well, and I kept doing it.'

In 2005, aged 22, Allen won the So You Think You're Funny? award at Edinburgh Festival Fringe, and went on to win the BBC New Comedy Award, a nationwide search to find the best new stand-up

**'COMMON
HUMANITY
DRAWS US
TO LAUGHTER'**

comedy talent, later that same year. A turning point in his career, I remark. ‘Well, it was and it wasn’t,’ he responds. ‘It led me to meet people such as Sarah Millican’ – who he later went on tour with as a supporting act – ‘but it meant I got booked for things when I didn’t know what I was doing. I wish someone had said: “You know what, just go out, be rubbish and learn from that.” But instead I had this huge pressure to deliver and I was very intimidated. I’d go to do gigs and there’d be stag parties, or it would be a kind of rough Saturday night crowd who weren’t in the mood for me to come on and talk about my mum’s dessert trolley.’

He recounts one gig where someone shouted out something homophobic. ‘I left the stage and then afterwards, the venue booker told me that because I only did half the gig, they could only give me half the money. It wasn’t a particularly kind environment.’ Were there times when he felt like giving up? ‘Oh, yeah. I think my working-class background gave me this feeling of: “You can’t be messing around. If you’re going to do something, you have to do it well,”’ he says. ‘I was hugely frustrated that it didn’t feel like it was going so well.’

He cites fellow comedians including Sarah Millican, Suzi Ruffell, Josh Widdicombe and school friend Rob Beckett as being huge supporters during the low moments. ‘They were always there for me and really encouraged me,’ he says. ‘Sarah was amazing. She taught me about having a positive inner monologue. And Mae Martin was there when it felt like I wanted to give up completely. I had to learn to be kinder to myself, take time out and look at things in a more pragmatic way. The nature of stand-up is that you spend a lot of time on your own, so you can easily get in your head and be self-sabotaging. As a comedian, you have to be sort of confidently insecure because it’s self-doubt that makes people relate to you. It’s a weird contradiction.’

With numerous roles under his belt (comedian, writer, presenter), it certainly sounds like Allen has nailed it. ‘That’s very kind,’ he laughs. ‘I’ve had to take a lot of leaps of faith.’ Yet, while finding his feet in the comedy world, Allen was also navigating his sexuality, having come out in his early 20s. It was, he confesses, a tumultuous time. ‘I feel like with a lot of queer people, you don’t always get your experience of being a teenager as a teenager – I didn’t, because I was too scared at school,’ he admits. ‘So I was still going through that teenage angst and trying to work out who

I was in my 20s, while also starting stand-up. It wasn’t the easiest thing to be doing.’ Telling his parents, he says, ‘wasn’t an issue, but it was definitely a thing. My dad was born in 1941, during the middle of the Second World War. It was a very different world then. So, bearing that in mind, I was anxious. They were wonderfully supportive, though. I think there’s a tendency to see parents as these kind of uber-beings who don’t have any vulnerabilities. But I realised that, actually, my dad was just worried for me. He was much more emotional than I’d given him credit for.’ Allen’s close bond with his parents



meant that he lived with them in the home he grew up in until he was 37. ‘I just liked living there,’ he shrugs when I ask why he stayed. ‘I did move out for a bit, but I didn’t love it. In my 20s, I had this sense of shame, this pressure to live a certain lifestyle. But this isn’t *Sex And The City*, and I’m not Samantha – however hard I try! As I’ve got older, I’ve realised that it’s not unusual, and it’s not a bad thing. A lot of the people I’ve been most inspired by – like Alan Bennett or Victoria Wood – hail

from suburbia. It’s where all life happens. I mean, David Bowie was from Bromley!’

Was it a proud moment when he bought his own place? ‘No, I was quite terrified,’ he laughs. ‘It took me about 18 months to settle into it, and, when I did, we lost Dad. He’d often come round to take out the bins for me and I’d say: “Dad, why are you doing that? I’m an adult.” Now he’s gone, I forget to take out the bins.’ He’s smiling, but the banality of the example feels very poignant. ‘So yeah, it’s taken time, but I do love being there now. It feels very much like it’s my space.’

His pride and joy, these days, is his garden. ‘It’s been such a source of contentment and healing – I think because my dad always liked gardening,’ he says. ‘It’s so calming and it keeps you in the moment: you have to watch the flowers and the potatoes grow at their own pace. With that comes a sense of great healing.’

‘I also love playing the piano because it makes you put your phone down,’ he adds. ‘Anything that slows me down. I’m in my first relationship at the moment and that’s also really nice. [Alfie] reminds me we don’t have to do anything – “Let’s just have a nap” is our go-to mantra.’ The pair met through work ‘years ago’, but got back in touch shortly after the lockdowns ended and realised they were more than friends. ‘I was always really anxious about finding a relationship. I never thought I’d be able to,’ Allen says. ‘But he’s

been amazing. When my dad died, we were on our first holiday together and so he had to get me home. He’s great, and I feel very lucky.’ What has he learned about love? ‘Oh, wow,’ he pauses. ‘I don’t know. That it’s good to get something nice in for tea?’

As for the future, Allen wants to turn his hand to fiction. ‘I like storytelling on stage, so it would be fun to translate that to the page,’ he says. But mostly, he hopes he’ll be sitting in the garden with a dog. ‘The simple things are often underrated,’ he says. Isn’t that the truth?

Too Much (£20, Coronet) by Tom Allen is out now. Tickets for the UK tour of his new show, *Completely*, are on sale now. See tomindeed.com



PHOTOGRAPHY:
CHARLIE CLIFT/BAFTA/
CAMERA PRESS

10 ways to feel joyful



LIBBY PAGE'S BLISSFUL VIEW

Whenever I walk down the cobbled street of Catherine Hill in the middle of Frome, lined with higgledy-piggledy buildings housing independent shops and cafes, I feel so lucky to live there. The view from the top of the hill always brings me joy, whatever the weather. It's a view that makes me feel part of a community and very much at home.

The Vintage Shop Of Second Chances (Orion) is out 16th February



KIT DE WAAL'S JOY-GIVING BOOK

The book that brought me the most happiness this year is Séamas O'Reilly's *Did Ye Hear Mammy Died?*. It's about the death of his mother when he was five and unaware of its significance. He was one of 11 children and the care of this massive troupe fell to his grieving father. It's heartbreaking and wondrous, but most shocking of all is that the book is very, very funny. I'd thoroughly recommend it if you want to laugh at the sheer power of sibling and paternal love and the coming together of good people to help a family thrive.

Without Warning And Only Sometimes (Headline) by Kit de Waal is out now



RAVINDER BHOGAL'S MOOD-BOOSTING MEAL

My food hero, Madhur Jaffrey, once called dhal 'LSD'. I agree it's pretty life-enhancing and such an economical, delicious elixir – it always lifts me. I love that it can be cooked in several clever ways and is an antidote to any seasonal malady – nostalgic, comforting and joyful.

Ravinder Bhogal is founder of Jikoni (jikonilondon.com); Comfort & Joy: Irresistible Pleasures From A Vegetarian Kitchen (Bloomsbury) is out in spring



RUBY HAMMER'S RADIANT LIPSTICK

It's really hard to choose just one shade that picks me up, but the plummy sheer of Victoria Beckham Beauty Posh Gloss in Aperitivo always does the job, as does Armani Lip Power in 400, a full-on red. Both work in all seasons, are great for day and night, and have a way of completely lifting my face.

Makeup artist Ruby Hammer MBE is founder of Ruby Hammer Beauty



GIOVANNA FLETCHER'S GO-TO PODCAST

David Tennant Does A Podcast With... brings me so much joy every time I listen. Essentially, David gets his mates on, and, because they trust him, they're relaxed and give a real insight into who they are and their life learnings. Each episode is full of emotion (tears or laughter) and I end up feeling like I've been nattering away with mates. Olivia Colman is my favourite guest so far!

Check out Giovanna Fletcher's Happy Mum, Happy Baby podcast



MELISSA HEMSLEY'S UPLIFTING RESTAURANT

There's nowhere I'd rather go to feast and feel good than Imad's Syrian Kitchen, just off London's Carnaby Street. It's always bustling and packed with happy customers, and has the friendliest team who make you feel like family. I always want to soak up the vibrant, colourful, veg-packed mezzes and loaded platters of ridiculously delicious Syrian food made for sharing; made with love. Imad is a refugee from Damascus, where he had several restaurants and juice bars, and continues to give back to other Syrian families and refugees. Everyone I know who goes will keep returning with a smile on their face.

Feel Good (Ebury) by Melissa Hemsley is out now



SARA PASCOE'S HAPPIEST JOKE

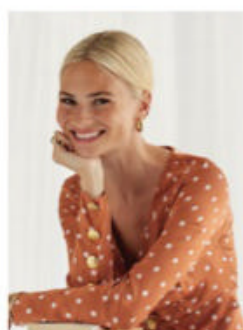
Sometimes the most unexpected things can be the best basis for laughter. I have a joke in my new show where I enact telling my son that he was conceived via IVF, and how magical and lucky we feel. His response is, 'What did Daddy do?' and I then have to find the child-appropriate language for sperm collection (a 'special Daddy's room' and 'laminated iPad'). It was so grim at the time, but we are so happy our son is here – it always makes me smile.

Tickets for Sara Pascoe's tour, Success Story, are available now at sarapascoe.co.uk



Gemma Correll's favourite illustrator

The work of Mary Blair, the Disney artist and animator known for her character designs for various movies, such as *Alice In Wonderland*, and Disneyland rides including It's A Small World, brings me so much joy. It's so deceptively simple and yet colourful and vibrant – full of happiness and nostalgia.



PANDORA SYKES'S PLEASING POEM

The poem that always makes me feel warm inside is *Come. And Be My Baby* by Maya Angelou. Who doesn't want someone to still the chaos of the present with their hand – and then use that same hand to beckon you over, into a loving embrace? The refrain 'Come. And be my baby' is as comforting as being able to climb into a sheepskin-lined pushchair, which is my other major yearning.

Pandora Sykes co-hosts Book Chat, a monthly podcast @pandorasykes



ALICE DU PARCQ'S EUPHORIC PERFUME

On those dark-filter days where everything's going wrong, I find happiness in a hefty spritz of Jo Malone London Basil & Neroli Cologne. The crunchy, jungle-wet greens, pinging tonic herbs and glistening white petals feel so quenching and soul-lifting. I keep it in my fragrance cupboard, which has about 1,500 bottles inside it for research, and take it out when I want to spray myself with a tiny beam of sunshine.

@aliceduparcq

DON'T LET THE ECONOMY GET YOU DOWN

We hear a lot in the news about fluctuating interest rates, rising inflation and the value of the pound, but what do the latest changes mean for you and your money? We offer some help



Reducing energy use at home. Cutting back on non-essentials. Budgeting. We know we're in a cost-of-living crisis when these have become the go-to phrases of the last few months, and the forecast for the coming year isn't looking at all bright, either. As the pound falls in value and inflation is at its highest in more than 40 years, we're all trying to have more control of our money, but how well do we understand the larger economic factors that impact our finances? If you're struggling to know your base rate from your interest rate, we explain what it all means, and how it affects your money.

The rate of inflation

We've been hearing non-stop about inflation over the past year or so, particularly as it rose from 5.5% in January 2022 to 11.1% in October. Inflation is the measure of how the cost of goods and services have increased over time, usually year on year (to put it simply: when inflation is at 11.1%, things cost 11.1% more now than they did a year before).

When we talk about inflation, we're usually discussing the rising cost of things overall, but specific products have their own rates of inflation. Take the example of pasta: if the inflation rate for pasta is 59.9%, a bag of pasta that would have cost you £1 last year will now be priced at £1.60.

What it means for you

At the most basic level, high inflation means everything costs more and your money won't go as far as it used to. High inflation has a knock-on effect on the value of your savings, too. In an ideal world, any cash savings you have would be held in an account with an interest rate that is higher than the rate of inflation. This allows your money to grow at a faster rate than its actual spending power, which is being eroded by the cost of living. When everything costs more, it can also be challenging to maintain a regular saving habit.

What you can do

Alice Haine, personal finance analyst for Bestinvest, recommends prioritising saving if it's at all

possible: 'It's vital to have some cash set aside for life's emergencies, particularly in this ever-present cost-of-living crisis. While the recommendation is to hold on to three- to six-months' worth of expenses, each contribution, however small, can ease any future financial stress.'

While there are currently no savings accounts that will beat inflation, she also suggests shopping around for the best interest rates. 'Savers who don't switch their money to a high-interest account are seriously missing out, particularly when you consider the real return on their money is still deeply negative as inflation at 11.1% erodes the purchasing power of that cash.'

At the time of writing, for example, the interest rate on easy access savings accounts varied from just 0.1% to up to 2.9%. Use Comparethemarket or MoneySuperMarket to see what's out there.

When times are tough, it's even more important to prioritise your pension: 'It is far more prudent to make cutbacks elsewhere as money kept in pensions and investments has the potential to beat inflation in the long term,' says Haine. 'Stopping payments into a workplace pension or Self-Invested Personal Pension (SIPP) is never a good idea as you miss out on tax relief.'

When you contribute to your pension, you will receive a 20% top-up in the form of tax relief, so for every 80p you pay, it will be bumped up to £1. This could help your pension beat inflation in the future.

The value of the pound

Many of us only consider exchange rates when we're going on holiday, but the value of the pound impacts our money at home, too. How much the pound is worth against other currencies is a sign of how the UK economy is performing and affects the price of importing and exporting goods. A weak pound is generally seen as a bad sign as it makes buying goods from other countries more expensive. On the flip side, a low value pound can be good for British companies that sell to other countries as it makes their goods cheaper and can boost business.

The value of the pound is affected by the state of public finances – for example, how much debt the country is in, interest rates and political stability – and is usually measured against the US dollar.

What it means for you

When it comes to your savings, the higher the value of the pound, the more your money is worth. When the value of the pound falls, it becomes more expensive to buy goods from overseas, which causes inflation to rise. The more expensive things are, the less spending power your savings have.

We all know that a strong pound means that your money will go further when you travel abroad, making meals and accommodation cheaper overseas (particularly in the US). By contrast, a weak pound can make travel more expensive overall, with costs of flights rising as a large percentage of airlines' operational costs, such as fuel, are in dollars.

What you can do

Always shop around before you buy currency to get the best deal, using comparison sites such as [moneysupermarket.com](https://www.moneysupermarket.com) and [moneysavingexpert.com](https://www.moneysavingexpert.com) – never exchange at the airport as you'll always get a less competitive rate.

Bank of England (BoE) base rate

The base rate is the interest rate that banks and lenders pay to borrow from the BoE. The base rate affects us because it's one of the range of factors that banks use when they set their interest rates, as well as the risk of the loan not being repaid and the amount competitors are charging.

The purpose of the base rate is to keep inflation low and stable. In simple terms, when interest rates are high on credit cards, loans and mortgages, it encourages people to

borrow less and save more, meaning that demand for goods goes down and prices are slower to rise. Lower interest rates make it cheaper for people to borrow money, so they spend more, increasing inflation. It's also worth remembering that lenders can raise their interest rates without the BoE raising the base rate.

What it means for you

Interest rates will impact you differently depending on whether you're borrowing or saving. As a borrower, low interest rates are desirable as this means that you are paying less to borrow money.

However, if you are saving, you will benefit if interest rates rise.

Ed Monk, associate director for Fidelity International, says: 'As with mortgages, the rates on savings accounts are controlled by account providers and will not necessarily rise just because the base rate does. However, a higher base rate should make it easier for providers to up rates to compete for savers' cash.'

What you can do

If you have credit card debt, think about moving to a 0% balance transfer card. See what's available at [moneyfacts.co.uk](https://www.moneyfacts.co.uk).

Boost savings by making sure you're getting the best return possible. If you can lock money away for a time, a fixed rate account could earn you considerably more if you tie your money in for a year.

‘SAVERS WHO
DON'T
SWITCH
TO A HIGH-
INTEREST
ACCOUNT
ARE MISSING
OUT’

FINANCIALLY
Fabulous

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THE CLOTHES STEAMER WE CAN'T LIVE WITHOUT

Red's fashion editor on Steamery's latest must-have



CIRRUS 3 STEAMER, £150, Steamery

HOW TO HARNESS AYURVEDIC DOSHAS

An expert tells us why they're the key to finding balance

THE ONLINE INFLUENCER



HERE'S WHAT *RED* ACTING DIGITAL EDITOR ZLATA RODIONOVA IS LOVING AT REDONLINE.CO.UK THIS MONTH



LARGE HOOP EARRINGS, £150, Tada & Toy



EARRINGS, £140, Monica Vinader



NECKLACE, £169, Missoma

21 PEARL JEWELLERY PIECES TO LOVE

Our favourite updates on a timeless style classic

THE BEST LONDON RESTAURANT VOUCHERS TO GIVE IN 2023

From fine dining to brunch, we pick the best gastronomic gifts



TREAT A LOVED ONE TO DINNER AT THE PETERSHAM

PHOTOGRAPHY: GETTY, PAUL CRAIG

READS

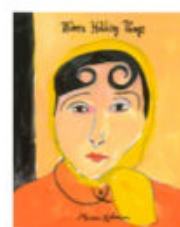
Edited
by
*Ella
Dove*



Happiness is...
HOLDING ON

THIS GORGEOUS COLLECTION OF WORDS AND PAINTINGS
EXPLORES WOMEN'S LIVES THROUGH THE THINGS THEY HOLD, BOTH
LITERALLY AND METAPHORICALLY, AND REVEALS HOW WOMEN
KEEP GOING, NO MATTER HOW HEAVY THE LOAD.

*Women Holding Things (Harper
360) by Maira Kalman is out now*





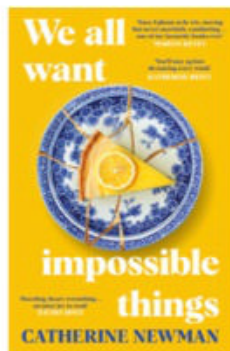
This month's **BEST BOOKS**

LITERARY EDITOR **Sarra Manning** PICKS HER FAVOURITE READS

We All Want Impossible Things by Catherine Newman

(Doubleday, £14.99,
out 12th January)

Edi and Ash have been best friends for ever, so when Edi is diagnosed with cancer, she moves to a hospice in Ash's home town so they can spend her final weeks together. While Ash's life is complicated, it's also full of love for her kids, her estranged husband and the best friend she's about to lose. A book about death that is utterly life-affirming and joyful.



The Agency For Scandal by Laura Wood (Scholastic, £8.99, out 5th January)

Countless Victorian women trapped in awful marriages are avenged by a female-run undercover detective agency that's so secret, no one would guess wallflower Isobel is leading a double life. That is, until she crosses paths with a handsome duke in her search for a missing jewel. Like a mash-up of *Bridgerton* and *Enola Holmes*, with extra magic dust sprinkled on top.



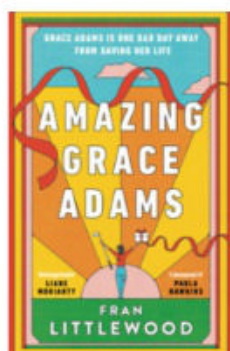
River Sing Me Home by Eleanor Shearer (Headline, £16.99, out 19th January)

Slavery has been abolished but the master of a Barbadian plantation won't free his slaves. Rachel escapes but realises she'll never know peace until she's reunited with her five children, also slaves. So begins Rachel's epic journey across Barbados to British Guiana and Trinidad, letting river and sea guide her. A truly powerful, gripping and poetic novel about the strength of a mother's love.



Amazing Grace Adams by Fran Littlewood (Michael Joseph, £14.99, out 19th January)

It's a sweltering hot day and Grace Adams has had enough. As she abandons her car in a traffic jam and walks across north London to attend her estranged daughter's 16th birthday party, Grace thinks back to the terrible tragedy that destroyed her life and considers ways she can get it back. An absolute gut punch of a book that throbs with all the rage of a middle-aged woman who refuses to go quietly.



The Things That We Lost by Jyoti Patel (Merky Books, £16.99, out 12th January)

Nik's father died before he was born but his mother, Avani, still grief-stricken, will never talk about him. When Nik's grandfather dies and leaves behind a clue to his parents' past, Nik sets out to discover who he really is. A deftly assured debut novel about a fractured family and how words left unspoken can be more devastating than the truth.



Author INTERVIEW

Your memoir charts your journey from a car crash aged 18 that left you paralysed from the chest down to your experiences as a TV presenter at the Paralympics in Rio. Was writing it cathartic?

It was healing and also very unravelling at times. I kept lots of diaries when I was in hospital, for which I'm eternally grateful, because reading them, I felt like I was transported back to that moment. It was challenging to sit with it and tell the story, but having done it, I now feel a huge sense of life achievement.

Why did it feel like the right time to write it?

I'd wanted to write a book for as long as I can remember, but I didn't set out to write a memoir. Originally, I was going to write a story about a journey on my motorbike from London to Tokyo, where the Paralympics was happening, but it got cancelled because of Covid. I then started thinking about the fact I was non-disabled for 18 years [before her injury] and I had lived 18 years disabled since. It felt like a milestone, the right time to reflect.

What was the most challenging part of the process?

As I wrote the book, I was shielding because we didn't know the impact of Covid on spinal paralysis, and I had some problems with my skin, which meant I was on bed rest. My boyfriend had also left me the day the pandemic started. There were points when writing felt almost impossible, but these tough times sometimes create the greatest art, don't they? If things were easy, it wouldn't have been the book that it is.



'MAGIC CAN HAPPEN WHEN YOU GET RESILIENT – TOUGH TIMES CAN CREATE THE GREATEST ART'

TV PRESENTER AND
DISABILITY ADVOCATE **Sophie Morgan** TELLS ELLA DOVE
ABOUT HER INSPIRING
MEMOIR, *DRIVING FORWARDS*

You're one of few TV presenters with a physical disability – was presenting always a goal?

My intention was to be a visual artist – a painter – and I did go to art school. Then, nine months after my injury, BBC Two was looking for disabled people to go on an expedition across Nicaragua for the documentary series *Beyond Boundaries*. I ended up doing it and it was a massive eye-opener; I learned so much. First, that you can't go into the jungle as a paraplegic and expect to get on very well! But also that television is an incredible tool through which to change

people's perceptions of disability. As a young wheelchair user, I felt invisible in society and that I needed a voice. There were few opportunities to work in telly at that point but eventually I got the job presenting the Rio 2016 Paralympics for Channel 4.

Looking back, what are your proudest moments?

Being in hospital and adjusting to what happened was an extraordinary achievement, as was going through rehabilitation. I'm also proud of creating a career in an industry where there are often very limiting ideas of what people with disabilities can do. I could easily have succumbed to that, but I'm very proud I didn't.

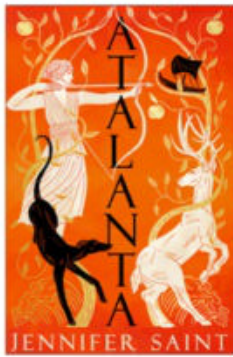
Have you always had this positive, determined mindset?

It would be misleading of me to say that I'm always joyful. There are times when I just want a day off from living life in this way; it's hard work. There's sometimes a perception that disabled people are really positive all the time, but I have ups and downs the same as anybody else. What I have learned is that if you can get through the struggle, the magic happens when you become more creative and resilient.



Driving Forwards (Sphere, £9.99)
by Sophie L Morgan is out in
paperback on 26th January

Classic tales, NEW LIFE



Atalanta by Jennifer Saint

(Wildfire, £16.99,
out 13th April)

From the bestselling author of *Elektra* and *Ariadne* comes this mesmerising reimagining of the life of the only female Argonaut. Atalanta is left on a mountainside as a baby, but she swears one day she will prove her worth, carving out her place in the legends in a world made for men.



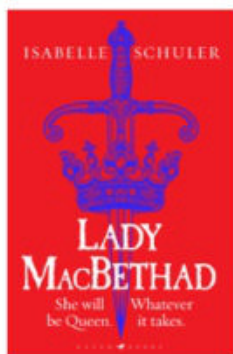
GET READY FOR A SPATE
OF CLASSIC MYTHS
BEING REINVENTED AND
HISTORICAL FIGURES
REDISCOVERED, WITH
WOMEN AT THEIR CENTRE.
Ella Dove PICKS HER FAVES



The Heroines by Laura Shepperson

(Sphere, £16.99,
out 9th February)

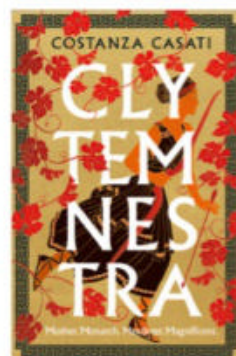
This feminist retelling of the Greek tragedy *Phaedra* is set in Athens, where the king's son stands accused of rape. On one side is Theseus: hero, king, slayer of the Minotaur. On the other is Phaedra: foreign queen, daughter of an adultress, sister of a monster. Who will be believed? The women have been silent – until now.



Lady Macbethad by Isabelle Schuler

(Raven Books, £14.99,
out 2nd March)

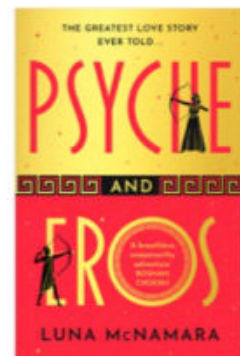
Exploring the origin story of the woman who inspired one of Shakespeare's most iconic characters, this epic novel has themes of love, power and revenge. Putting Gruoch, aka 'the real Lady Macbeth', front and centre, this traces her past and the lead-up to the events of the play.



Clytemnestra by Costanza Casati

(Michael Joseph, £16.99,
out 2nd March)

A thrilling reimagining of an infamous Greek figure, this is the story of Helen of Troy's sister. Attempting to reclaim her power after being forced to watch her husband wage war and sacrifice her child to placate the gods, she seeks revenge on those who wronged her.



Psyche And Eros by Luna McNamara

(Orion, £21.99, out 25th May)

This beautifully crafted debut is a feminist retelling of the mythical Greek love triangle between Princess of Mycenae Psyche, Eros (god of desire), and jealous goddess Aphrodite. When Eros is accidentally pricked by an arrow intended for Psyche, he is doomed to love a woman who will be torn from him the moment their eyes meet.



No Season But The Summer by Matilda Leyser

(Scribe, £14.99, out 13th April)

For the 9,000 years she has been alive, Persephone has spent six months of her year under the ground with her husband, king of the dead, and six months on earth with her mother, goddess of the harvest. When she resurfaces one spring, something is different. A classic myth is turned on its head, asking what happens when our oldest stories fail us and the rules have changed.

CULTURE FIX

THIS MONTH IS ALL ABOUT IMMERSION, FROM DELVING INTO THE LIVES OF FORGOTTEN FIGURES TO BEING SURROUNDED BY ART AND SPARKLE, SAYS BRYONY GOOCH



ART Frameless

If you liked Yayoi Kusama's enveloping infinity mirror rooms, you'll love *Frameless*, the latest immersive art exhibition in London's newly developed Marble Arch Place. Walk through Canaletto's Venetian plaza or the brushstrokes that make up a Van Gogh self-portrait as light projects 40 iconic paintings on to the walls around you. Visit frameless.com

THEATRE Strictly Come Dancing Live

Will Mellor, Ellie Simmonds and Tyler West are among the names joining the *Strictly Come Dancing* as it waltzes back into UK arenas, starting in Birmingham and ending in Glasgow. Expect a riot of sequins and sparkles. From 20th January to 12th February. Visit strictlycomedancing.live.com

TV Nolly

Helena Bonham Carter plays soap opera icon Noele Gordon (otherwise known as widow Meg Richardson in *Crossroads*) in Russell T Davies' first TV miniseries since *It's A Sin*. Charting Gordon's rise and unceremonious sacking, it's been billed as 'a bold exploration of how the establishment turns on women who refuse to play by the rules'. On ITV, followed by ITV, this spring

FILM Till

This poignant biopic from *Clemency* director Chinonye Chukwu highlights the plight of 14-year-old Emmett Till, murdered in Mississippi in 1955 following accusations he whistled at a white woman, and the fierce grief of his mother, Mamie (Danielle Deadwyler), who became a leading civil rights activist. In cinemas 6th January



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Unique interiors and little touches that make all the difference. Our homes pages are full of inspiration.



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Stay up to date with the latest beauty trends taking the industry by storm.



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Wellness for the body and mind. Great tips for healthy living, plus inspiring stories.



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Gorgeous, wearable fashion at all price points. Plus, style guides to inspire your winter wardrobe.

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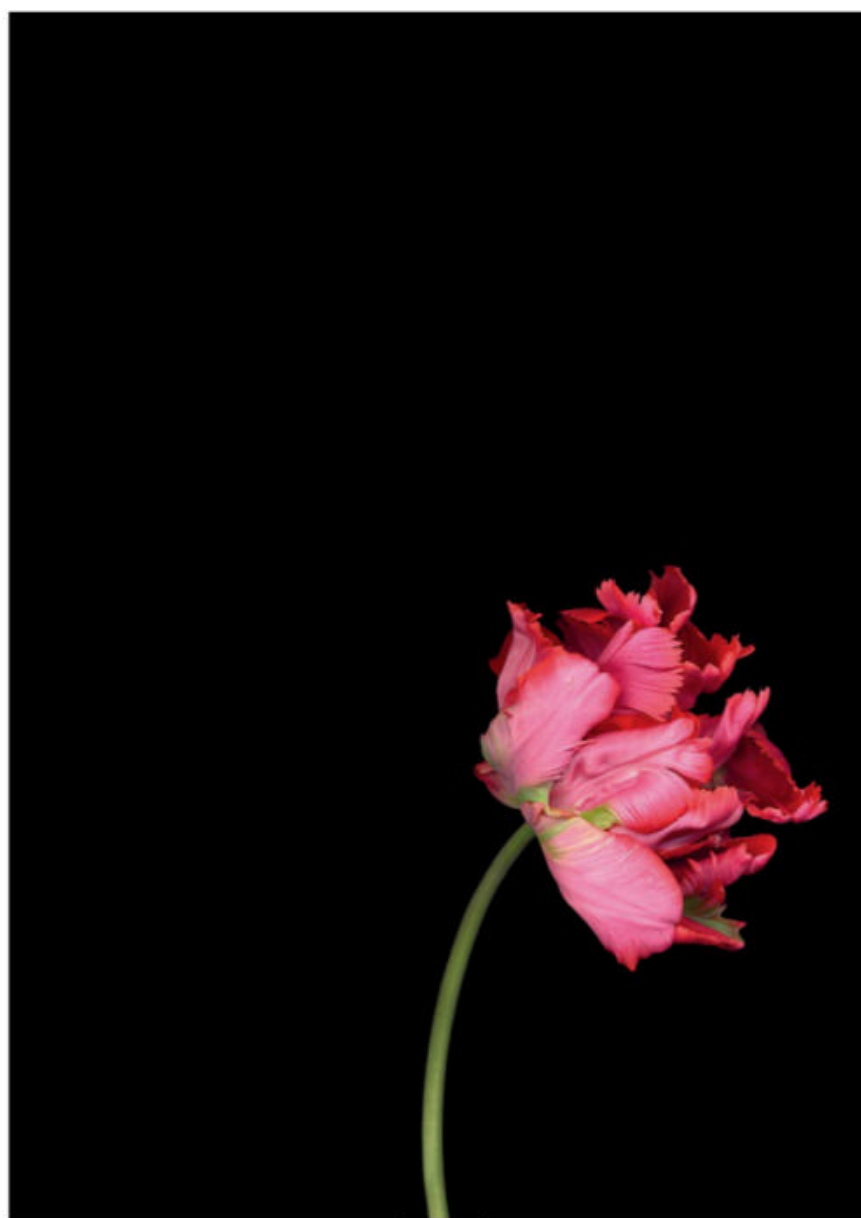
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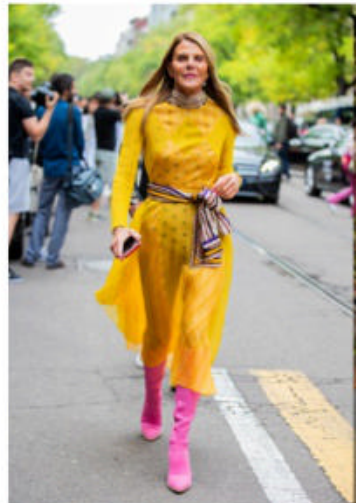
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FASHION

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by
*Oonagh
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Happiness is...
BRIGHT. BOLD.
BEAUTIFUL



IT'S TIME TO PUMP UP THE VOLUME ON YOUR NEW SEASON WARDROBE. WE'RE LOOKING TO THESE MODERN MAXIMALISTS FOR STYLE WITH A SEROTONIN SUCKER PUNCH. PLAY WITH COLOUR, TEXTURE AND PROPORTIONS – AND DRESS FOR JOY.

PHOTOGRAPHY: GETTY



ANNA DELLO RUSSO

Fashion editor and editor-at-large of *Vogue Japan*

With 25 years in the fashion industry under her extravagantly bejewelled belt, Dello Russo's dramatic outfits prove age is irrelevant when it comes to style. Gucci's colour-clashing ensemble may seem eccentric (hello, lime opera gloves!), but keeping the silhouette simple and fitted with a calf-skimming pencil skirt and voluminous top acts as a perfect canvas for an explosion of colour. In all its gaudy glory, this is a masterclass in being positively chaotic and outrageously carefree.



CLOCKWISE FROM TOP
LEFT: NECKLACE, £790,
Gucci. SUNGLASSES,
£263, Versace. BLOUSE,
£375, Patou. TOP, £265,
Alice + Olivia. BOOTS,
£1,990, Burberry. BAG,
£625, Mansur Gavriel.
SHOES, £765, No. 21.
GLOVES, £78, Miscreants.
DRESS, £1,495, Roksanda.
SKIRT, £425, Zimmermann



CLOCKWISE FROM TOP LEFT:
BRA, £195, Coco de Mer. EARRINGS,
£455, Isabel Marant. COAT, £1,440,
Dries Van Noten. BAG, £1,700,
Miu Miu. SHOES, £905, Giambattista
Valli. BOOTS, £1,290, Chloé.
BAG, £3,300, Fendi. DRESS, £685,
Max Mara. CARDIGAN, £510,
Jacquemus. SKIRT, £3,570,
Bottega Veneta



EVA CHEN

Director of fashion partnerships at Instagram

Chen always does colour blocking to perfection, here with a prime example of how mood-boosting clothes aren't just for print lovers. This major trend has dominated the past few seasons and shows no signs of letting up anytime soon. The key to nailing it is going head-to-toe tonal (a maxi dress is a failsafe win) with a dash of neutral accessories. Feeling emboldened? Start with this season's top rainbow hues – lavender purple, hot pink or fiery red.



*The vibrant
visionary*

GABRIELLA KAREFA-JOHNSON

Stylist and global *Vogue* contributing editor

With her intoxicating amalgamations of colours, textures and bold prints galore, Karefa-Johnson has certainly tapped into feelgood-factor fashion. A lesson in risk taking, her style is about injecting wit and edge into outfits – which, in turn, solidifies her status as a trailblazer for change in the industry. Her take on clashing stripes is a mismatch made in heaven, but somehow it all feels perfectly co-ordinated. If you've been holding back, consider this your green light to go all-out, sartorially speaking.



CLOCKWISE FROM TOP
LEFT: CARDIGAN, £1,435,
Carolina Herrera.
SUNGLASSES, £330, Fendi.
EARRINGS, £1,600, Giorgio
Armani. NECKLACE, £380,
Tory Burch. COAT, £1,670,
Etro. SHOES, £870, Dior.
BAG, £850, Marni.
DRESS, £1,995, Altuzarra.
SANDALS, £595; SKIRT,
£1,125, both Chloé



CLOCKWISE FROM TOP
 LEFT: BRALETTE, £500,
 Jonathan Simkhai. JACKET,
 £1,610, Tory Burch.
 EARRINGS, £135, Kate
 Spade. TOP, £550, La
 DoubleJ. WATCH, £19,100,
 Cartier. DRESS, £3,370,
 Carolina Herrera.
 SHOES, £695, Jimmy Choo.
 BAG, £10,600, Hermès.
 TROUSERS, £900,
 Gabriela Hearst



Giovanna Engelbert

Global creative director of Swarovski Group

Putting the excitement back into getting all dressed up, model turned creative director Engelbert's refreshing hit of OTT extravagance always stands out from the sea of grey.

Her style is an iridescent beacon of dopamine dressing at its high-fashion finest, curating the perfect balance between polished and playful, with extra emphasis on embellishments. The colourful feather trim and adorning beadwork complement the vivid rainbow shades for an elevated daytime look that feels new new new.



*The boyjee
bohemian*

BLANCA MIRÓ

Co-founder & fashion director of Vasquiat and La Veste

Miró's vintage-inspired approach to styling brings a boho-esque flourish to modern classics for a unique twist with bags of character. The wonderfully eclectic mix is one for the experimental rule breakers ready to clash textures and transcend trends. Reimagine smart, tailored staples like a black jacket and crisp pinstripe shirt with the effortless yet effective addition of a vivid faux fur (or mohair sheepskin for added oomph) draped over the top. Finish with extra splashes of colour through bold shoe choices and lacquer-coated jewellery.



CLOCKWISE FROM TOP: JACKET, £6,200, Schiaparelli. NECKLACE, £1,800, Chanel. SHIRT, £990, Celine by Hedi Slimane. BAG, £1,340, Alberta Ferretti. SHOES, £785, Gucci. BRACELETS, £595 each, Hermès. COAT, £990, Sportmax. TROUSERS, £800, Etro



CLOCKWISE FROM TOP
 LEFT: BLOUSE, £340,
 Rejina Pyo.
 SUNGLASSES, £950,
 Dior. EARRINGS, £940,
 Giorgio Armani. JUMPER,
 £1,600, The Row.
 SOCKS, £40, Raey at
 MatchesFashion.
 SHOES, £990, Chloé.
 BAG, £1,255, Etro. SKIRT,
 £595, Zimmermann.
 DRESS, £680, Molly
 Goddard



*The romantic
renegade*

SUSIE LAU
Fashion journalist

Lau's quirky, feminine style and signature exaggerated silhouettes have cemented her place in the fantastical fashion landscape. Embodying a Molly Goddard and Simone Rocha aesthetic, she shows how to spark joy while dialling down the technicolour. Her expert high-low mix combines the whimsy of frothy tulle, an abundance of organza and oversized ruffles with simple, everyday essentials like thin rollnecks and hoodies, giving a fresh, contemporary edge to enchanted dressing.

INTRODUCING THE *Red* BEAUTY STARS BOX

We are delighted to present *Red's* latest edit of the beauty products worth their weight in gold; a box bursting at the seams with luxury elixirs, nourishing lotions, glow-boosting balms and comforting fragrance. Featuring 15 beauty stars (including seven full-sized favourites), worth £513, this limited-edition collection is yours for just £86



Contains two cult products worth more than £200 alone, plus our favourite must-haves...

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- **REN Clean Skincare** Evercalm™ Barrier Support Elixir, £44 • **Vitabiotics** Perfectil Platinum Collagen Skin Drink (10 bottles), £39.85 • **EviDens de Beauté** The Night Recovery Solution, £30 • **Shiseido** ImperialLash MascaraInk, £27 • **PIXI** +Rose Essence Oil, £24 • **Avène** Tolérance Control Soothing Skin Recovery Balm®, £19.50 • **Perricone MD** High Potency Classics Face Finishing & Firming Moisturizer, £17 • **Ole Henriksen** Dewtopia 20% Acid Night Treatment, £11.40 • **HUDA Beauty** Silk Balm Hydrating & Nourishing Lip Balm, £10.80 • **Elizabeth Arden** Advanced Ceramide Capsules Daily Youth Restoring Serum, £10 • **Commodity Milk**, £10 • **Laura Mercier** Caviar Stick in Rosegold, £7.93
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*A
fresh
face*

MAKEUP HAS A NEW MOMENTUM – AND IT'S HERE

TO GIVE YOU A LIFT, SAYS NICOLA MOULTON

here's a theory that people who wear makeup are hiding something, but I've always thought the opposite is true: that makeup wearers show their creativity outwardly and with pride; the makeup is the message, not the mask. In lockdown, it was skincare that had its moment. Nightly cleansing rituals and DIY facials provided meditative moments of sorts. But now we're entering a new era and, despite the economic downturn, a renewed fascination with makeup appears to be back. At Space NK, makeup is now the lead category, with sales up 50% both online and in stores in 2022 when compared to the previous year. Beauty historians will tell you that trends in bold, 'performative' makeup dovetail exactly with periods of economic depression. The kohl-lined, powdered faces of the 1930s and the punk-era black lipstick of the late 1970s all provided an experimental outlet with which to emerge from trying times. But the refuge we're finding in modern makeup has a different feel. It's not just about going wild with the eyeliner, but more about enjoying the finer details: the sheer, gossamer-light and refreshing textures of Rose Inc and Rare Beauty. The 'clean', considered luxury of Westman Atelier. The pitch-perfect, 'modern classic' colours of Hermès and Violette_FR. They're all about finding the quiet moments of luxury in makeup; making your voice heard with a whisper, not a shout.

Rose Inc, Rosie Huntington-Whiteley's makeup and skincare line, has been going for 18 months, and – despite the scepticism that many people associated with 'another' celebrity beauty range – has already garnered a loyal following of people who wanted something different. 'What I wanted to do with Rose Inc was to create products that had all the nuances that I couldn't quite get from other things I was using,' she says. 'And a lot of that was down to texture. So, we have a tinted serum, rather than a lotion, and cream bronzers, highlighters and blushers. It's dewy skin more than it's even makeup, really.' Huntington-Whiteley speaks to another characteristic of modern makeup lovers, which is their exactitude. Can you ever truly say you've found the perfect dusky-rose nude lip? The tinted moisturiser that covers blemishes yet is undetectable save for the lovely, soft, ethereal glow? The brow pencil that tones in perfectly with your roots and is waxy enough to grip brow hairs yet powdery enough to look soft and natural?

The joy for modern makeup wearers is that these 'holy grail' products – those perfect marriages of flattering shade, beautiful texture and exceptional performance – have never been more abundant. Call it the advancements in cosmetic technology; call it the makeup artists and brand founders who push for newer, better and glowier; even call it 'trial by a thousand how-to videos', in which social media users post honest product reviews online so that brands can no longer get away with churning out uninspiring products. Whatever it is, we're ready to wear makeup again, and we want it to look and feel as life-affirming as a fresh start can. (After a long 'minimalist' phase, even packaging is getting more desirable – and if we want to persist with the 'perfect marriage' analogy, an element of lust always helps in that regard.)

Hourglass, founded by Carisa Janes, was one of the first to lead this charge with its beautifully diffused powders and soft, illuminating foundations. Since, there have emerged so many good brands to try: Saie, with its emphasis on 'clean and dewy'; Jouer, which is all about the gleam; Róen, where high-performance pigments meet super-soft glosses and metallics. These lovely brands feel exciting, intelligent and wearable, with points of view on what great makeup can mean. But also not nearly as earnest as that sounds, because part of the reason our joy in makeup is back is because we don't want to take it all so seriously any more. We want to have fun with it – as evidenced by the impact TikTok beauty trends are having on makeup sales. At Space NK, blusher sales are up 137% on last year, thanks to draping (in which

'We're entering a new era: a renewed fascination with makeup is back'

you extend the blush delicately down towards your jawline), Douyin (dotted over multiple points of your face and blended) and the 'W' blush (swept in a straight line across your cheeks and nose, sunburn-style). I tried this and it didn't feel nearly as extreme as it sounds. When I got to my office, someone said I looked 'glowy' and I've done it nearly every day since, finding that when the makeup is so effortlessly easy to use, the possibility of experimenting seems to creep back in.

The French makeup artist Violette, whose products are as infused with as much chic insouciance as you could possibly wish for, has noticed it, too. 'I feel like people are starting to go outside of their comfort zones,' she says. 'I love to see this and to see the ways we're starting to break these boxes and celebrate ourselves without limits.' And, at a time when joy can sometimes be hard to find, sometimes – as John Lennon very nearly said – blush is all you need.



Beauty Queens

MEET THE FEMALE BRAND
FOUNDERS GOING THEIR
OWN WAYS AND SPARKING
JOY AND CREATIVITY WITH
EVERYTHING THEY DO

*My goal is: how can
I not overproduce?'*

VIOLETTE SERRAT, VIOLETTE_FR

Not every makeup artist petitions for less – not more – makeup. Violette Serrat, founder of concise and covetable beauty line Violette_FR, creative director of makeup for Guerlain and the inspiration behind a thousand undone French-girl fringes, isn't every makeup artist. 'We're never going to make a foundation,' she says over afternoon tea in the smart London hotel suite where she's showcasing her latest collection. 'I would rather focus on skincare and have you use makeup as a way to celebrate yourself; I'm really trying to change the dialogue that says: "I want to be a better version of myself."

*Makeup isn't
to fix or
change you;
that's what
I'm trying
to establish'*

What's wrong with the version right now? We have to live with this face, right, so can we learn to love it? I think we'll be happier, and that's the French philosophy; a happy life is what matters. So, it's spending less time in the bathroom and pushing ourselves not to wear makeup in public more often. For me, makeup isn't to fix or change you, and that's what I'm trying to establish with this brand.' And yet, the thing with Serrat is that (as with many irresistibly French women in the public eye) women just want to be her. When she tells you to wipe makeup away from the bridge of your nose because the eye reads the face as looking fresher that way, you do it. When she calls glitter a form of antidepressant, you wear it. And when she says that you need saturated lavender eye paint in your life this spring, you buy it. Ah, we see what she did there. 'I know, it's



**Bisou Balm in
Sucette, £29**



**Yeux Paint in
Rêve de Dahlia
and Poison des
Délices,
£33 each**

kind of surprising when you look at it, but when you try it on, it's a cloud of pastel on the eyelid and it's super nice. I'm working on a metallic purple, too, but I'm not there yet. It needs to be even brighter, so I'm going next-level crazy with my lab right now. I'm their worst nightmare.' Fortunately for that long-suffering lab (which recently ran out of off-the-peg pigments for Serrat to play with, so scoured the globe for a vendor to create entirely bespoke ones with her), she only launches new products twice a year. 'My goal for the company is: how can I not overproduce? Maybe the answer is not to produce anything at all. But at the same time, I've built a career on makeup and I think I have something to say.' Her answer, she says, is to fill the gaps we didn't know existed with unusual but useful things we won't find anywhere else. A sustainable, glue-free glitter you can wear with jeans and a T-shirt, for example, or a blush stick that mimics real-life blood flow by laying marbled pigments – one sheer, one opaque – on to the skin in a completely imperceptible way. 'It's a trick of the eye, inspired by the way Renaissance artists blended colours together to create something that looks translucent,' she says. 'You don't see the makeup, but you notice the skin looks fresh.' Making that stick was 'hell on earth', laughs Serrat: rippling one colour through another without melting them into a single shade is near impossible. 'No machine could do it. We had to pay for tooling, and then we had to play with the temperature until we got it right,' she explains. Even the brush – which applies without disturbing any base underneath – took a year to create. Next up, a gold eye paint unlike any other you've seen before (prototypes so far have been 'cute, but not special enough'), and a skin-healing primer that creates a protective film over blemishes, scars and even burns. How long before we see either in our makeup bags? 'If it's not exactly perfect, then we don't launch it,' says Serrat. 'Some things just take longer than others.'



**Bisou Blush
in Louise,
£37**



JONES ROAD

Miracle
Balm in
Dusty Rose,
£36

What The
Foundation
in Medium
Honey, £42

The Best Bronzer, £35
(from February)

'I'm figuring out how to feel good in my skin'

BOBBI BROWN, JONES ROAD

'I don't try to create trends. But either my intuition is spot-on, or I'm really lucky,' marvels Bobbi Brown over Zoom from her New Jersey home. You will know Bobbi Brown, the global makeup brand stocked by every major retailer you've ever shopped at. You might know Bobbi Brown, the celebrity makeup artist who sold her eponymously named brand to Estée Lauder in 1995 and – burnt out and frustrated by corporate life – walked away from it in 2016. But do you know Bobbi Brown, creator of scrappy little start-up Jones Road and stuffer of sandwich bags with a solid skin tint that became an unlikely TikTok sensation? 'The original idea was actually more of a foundation,' she reveals, 'but when it arrived from the lab, I thought: "This is not what I asked for."' Disappointed but curious, she put it on her skin and the rest was history. 'I gave my girlfriends little pots of it,' she says, 'and they would come back in a week and basically say: "Please, sir, can I have some more?"' That's when I knew we had a winner.' When she ran out of boxes, Brown used sandwich bags and neon tape instead. 'We sold 2,500 the very next day, and that was Miracle Balm,' she says. If you haven't tried it, you must. A multi-award-winner and certainly one of *Red*'s favourite products of 2022, it now sits alongside a growing line of basics that makes life easier and makes skin glow. It's the kind of brand that slowly replaces every other, until you're a walking, gleaming billboard for Brown's vision of how makeup should be. 'With my first brand, I did what I thought looked natural – but it still looked like makeup. This time, being 30-something years older, it's more about colours and formulas

to make me look better. Maybe it's just where I am in my life. I'm not chasing this unrealistic ideal; I'm just figuring out how to feel good in my skin.' Brown has no marketing department, no launch calendar and no one to please but herself and a small, handpicked team that now includes half of her immediate family. 'I don't think about the industry and I don't think about trends,' she says. 'What I think about is how can I make it better? I made a great bronzer once before – I think I've made a better one now.'

Not just better, but faster: one of Brown's

non-negotiables is that she can do her face in a handful of minutes. 'A lot of people think the best formulas are things that stay on,' she says, '[but] I don't because it doesn't look good. I want to be able to line my eye with a pencil that's so dense it takes seconds. And if I need to do my makeup again later, I can do it on my way to an event that's three minutes

away.' The new bronzer – so fine and sheer it serves as face powder – is a case in point.

'It doubles as the most natural-looking pressed powder because it takes away those little pesky oil spots, too.' As Brown points out, if contouring and full coverage are your bag, you'll go elsewhere – but that's okay. 'There are plenty of people who understand this look. I can't believe it's going so well; I'm like a kid in a candy shop and I'm having so much fun.'

*'I don't think
about the
industry and
I don't think
about trends'*



'I don't tend to do what other people do'

LISA ELDRIDGE,
LISA ELDRIDGE

strong on colour. Then if something is so buttery that you buff it three times and it's blended out, that's the dream, isn't it?' Making colour wearable is Eldridge's passion, but she admits colour can be daunting, too. So it was

a surprise when the runaway success from her recent eye palette collection was one of emerald green, peacock blue and deepest, darkest teal. 'To me, that was the most "out there", but it sold out globally in no time at all,' she says. 'Now, I look at all these regular women creating gorgeous feathery effects with it and I get it.' Eldridge has a condition known as tetrachromacy, whereby colour is relayed to the brain in a particularly nuanced way. (It's thought that while most of us see around 1m colours, a tetrochromat sees 99m more.)

'As a child, I'd look at a front door with flowers around it and think it was incredible: the green and all the yellow, the purple flowers with the orange tones and blue lines,' she explains. 'Someone would say it's just sunlight, but I'd think: "No, there are blue lines on that wall." It's complicated and it can be annoying, but it's lovely.' Sit in Eldridge's chair to have your makeup done and she'll notice where you, too, are yellow, red, blue or gold. It's why her foundation floats invisibly on the skin, and why any one of her lipsticks could be your new signature shade. And it's why Eldridge – like Serrat – is a manufacturing lab's toughest customer. 'I don't buy my formulations off the shelf. I'll say: "Bring me the pearls, bring me the pigments and let's make something now,"' she says. 'I like mixing opposites together. If it's an ultra-violet pearl, I'll try it in a red lipstick or mix it with brown, because that could be interesting.' Ultimately, though, Eldridge just wants to create beauty that she believes in. 'We're a slow brand, so I'm just bringing things out as and when, but I'm okay with that as long as everyone else is. There's a tinted moisturiser that I've worked on forever, but it's almost ready. Then there's a world-first lipstick coming out next year, which has taken years. Maybe I should have had a business plan, but I don't tend to do what other people do. I've created makeup for every company out there and I know the timetables, the marketing and the new products every week. But I'm not in a rat race. If I enjoy it, and I'm passionate about it, I just hope that other people will recognise that.'

Eyeshadow
Palette in
Sorcery, £49



True
Velvet Lip
Colour in
Velvet
Carnival,
£26



'I don't want to blow my own trumpet, but I feel I'm really strong on colour'



Seamless Skin
Foundation, £44

Mood boosters

FRESH, BRIGHT, FLATTERING. MODERN MAKEUP BUYS TO LOVE FOR EVER

Ilia Beauty Limitless Lash Mascara, £27

With a delicate comb that lifts, curls and coats even the finest lashes in one swoop.



Simihaze Beauty Solar Tint Cream Blush Duo, £37

Two buttery blushes inspired by the rosy, juicy hue of sun-flushed skin.



IT Cosmetics CC+ Nude Glow, £36.50

For even-toned, healthy-looking skin, with niacinamide to calm and hyaluronic acid to plump (from 15th February).



Rare Beauty Positive Light Silky Touch Highlighter, £24

The prismatic microparticles in this powder highlighter give skin a glass-like finish.



bareMinerals Complexion Rescue Brightening Concealer, £26

A gel-mousse formulation supercharged with anti-fatigue goodness to brighten tired eyes.



Dior 10 Couleur Palette Eyeshadow Mitzah, £111

The perfect nude eye in a look-at-me leopard palette.

Ere Perez Argan Brow Hero, £25.20

Fluffy brows made easy with a nimble wand and a nourishing, argan oil-infused formula.



Vieve Skin Dew XL, £39

Now in a larger tube to dab on to the high points of the face and collarbones for a golden-hour glow.



Sisley Le Phyto Rouge in Rouge Hollywood, £45

The ultimate lip now has three new shades and a limited edition lid (from 6th February).





WORDS: ROSIE FITZMAURICE. PHOTOGRAPHY: KOUROSH SOTOODEH AND SARAH KEHOE/AUGUST IMAGE, LUCIEN PAGES, STEVEN PAN

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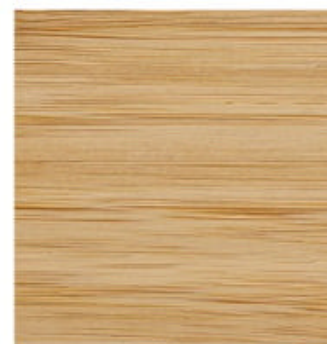
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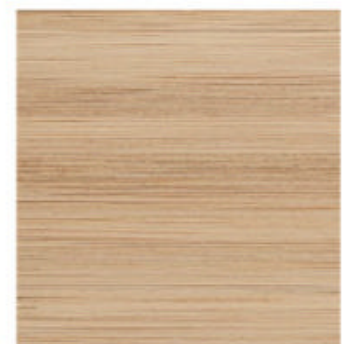
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WAY TO GLOW

Expect your skin to give a little sigh of contentment following an application of Reome Active Recovery Broth. Drawing on her years as a beauty journalist, degree in Chinese medicine and facial acupuncture work, Reome founder Joanna Ellner has been forensic when it comes to ingredients; cutting-edge bio-fermented (ie more efficacious) minerals and plant extracts feature alongside calming, hydrating actives, the goal being to return skin to its innate health. The science meets a truly nurturing experience via the serum's tactile texture and soothing botanical scent. 'Skincare is a verb,' says Ellner. 'It's an act of self-connection.' I couldn't agree more.

Elsewhere, A-list facialist Sarah Chapman solves dull, tired-looking skin with a five-day course of super-charged vitamin C, while Whind Multi-Brightening Serum (a blend of vitamin C and exfoliating prickly pear extract) claims a more luminous, glowier complexion in just a week. Add to basket.



SARAH CHAPMAN SKINESIS MULTI-C SUPER SHOTS, £54



REOME ACTIVE RECOVERY BROTH, £110



WHIND OASIS BRIGHT MULTI-BRIGHTENING SERUM, £75

THE BEAUTY INFLUENCER



EVE CAMERON, RED'S BEAUTY DIRECTOR, SHARES SOME OF HER FAVOURITE THINGS

SIMPLE PLEASURES

And the award for making a shower a lot more special goes to Wildsmith. The oil-to-milk formulations are brim-full of natural oils and fragrances: black pepper, ginger root and cedarwood in the zingy energy shot that is the Vitality blend, and lavender, frankincense, rose geranium and chamomile to encourage winding down in the Stillness blend. Smart recyclable aluminium bottles make them both pleasing to the eye and the environment.



WILDSMITH VITALITY AND STILLNESS SHOWER OILS, £38 each



As seen on all the loveliest nails (Adele, Alicia Keys, Dua Lipa... to name-drop a few of celebrity manicurist Campbell's clients)

ROXANNE CAMPBELL NAIL LACQUER IN (FROM LEFT) VIOLETS ARE BLUE, OFF TO JAMAICA AND CLEAN & CLASSY, £15 each

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A NEUROSENSORIAL STUDY COMMISSIONED BY THE BRAND SHOWED THAT ESTÉE LAUDER'S OASIS DAWN, £138, EVOKED FEELINGS OF COMFORT AND RELAXATION.



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WHAT'S YOUR THING?

LIVING

Edited
by
Emma Franklin & Sarah Keady

Happiness is...

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CBD (CANNABIDIOL) IS THOUGHT TO HELP ENHANCE MOOD AND KEEP ANXIETY AT BAY. FOR A MORNING CUP WITH A HAPPY BOOST, THE COFFEE AFICIONADOS ON *RED* RATE THE ORGANIC, SINGLE ORIGIN, 100% ARABICA CANNACOFFEE CBD COFFEE. SIP AS A PIPING HOT ESPRESSO, A FROTHY CAPPUCCINO OR A MILKY ICED LATTE, IT PROVIDES YOUR DAILY CAFFEINE KICK WITH AN ADDED DOSE OF CALM. cannacoffee.com



Happy **PLACE**

APPEAL TO THE SENSES
TO CREATE AN
UPLIFTING SPACE



For a similar shade of blue paint, try EARTHBORN'S TOY SOLDIER

A NEW HUE

As colour impacts not only how a space looks but how it feels, choosing the right shade is key. Paler and brighter colours are reflective, meaning they work particularly well on walls in rooms where natural light is at a premium, while darker or more richly pigmented shades often look more sumptuous. Natural tones of blue and green tend to feel fresh even in their darkest versions, while warming chalk pinks and deep reds create a cosy and comfortable atmosphere even in the largest of rooms. Maximise the effect by 'drenching' your chosen colour all over a space (by using it on the walls, ceiling and woodwork), or create a layered look by adding hints of the shade in upholstery, rugs and artwork – the ideal way to introduce new colours into a room.

For a similar shade of pink paint, try
EDWARD BULMER'S ROSE



EAT THE RAINBOW

Layer colour and print with gay abandon, as seen here at designer JJ Martin's Milanese apartment. The founder of fashion and interiors brand La DoubleJ's table is a riot of graphic prints, striped ceramics and coloured glass. The colour palette of red and blue with yellow-gold accents gives it a sense of cohesion. The La DoubleJ collection is a great place to start for statement tableware (the mix 'n' match dessert plates will add instant drama), as is Emporio Sirenuse's showstopping ceramics collection. Vaisselle offers striped crockery in rainbow colours, and Hot Pottery's signature Puglian splatterware is equally feelgood.

For similar busy and beautiful tablecloths, try H&M Home, La Redoute and Summerill & Bishop





LIGHT SHOW

Natural light is an important element to bring into a space – not only has it been shown to increase feelings of energy and boost productivity levels, it brightens up a room and makes it look fresh. If you're

renovating, carefully consider the position of new windows to maximise the amount of light that will flow inside.

The stunning skylight shown left, for example, floods the social kitchen area underneath with light – an architect or professional developer can advise what is realistic in your space. Otherwise,

consider swapping out dark window dressings for airier styles. Sheer curtains and unlined linen blinds are ideal as the seasons change and will allow sunlight

to shine into a room without compromising on privacy.

THE HABERDASHER'S KITCHEN,
from £30,000, deVOL

ROOM WITH A VIEW

As our surroundings impact the way we feel, it is important that they work not only for what we're doing but for how we do it, too. If you're working from

home and still haven't carved out a dedicated spot for your laptop, now's the time to step it up – a desk beside a window is ideal as the natural light will

keep work surfaces in focus while providing an inspiring vista upon which to gaze while pondering or seeking inspiration. Reflect the landscape and blur the boundaries between inside and out with a few mood-boosting house plants.





OASIS OF CALM

The bathroom is the place to begin each day and emerge feeling refreshed and ready for what lies ahead, but it is also a sanctuary in which to unwind and indulge at the end of it. If there's one room where relaxation matters, it's here. Thankfully, as it is the most compact and private of spaces in a home, it's one of the easiest to transform. For spa-like serenity, keep clutter to a minimum – an endless supply of not-quite-finished shampoo bottles has no place in the shower, and there's no need for multiple soap dispensers by the basin. Instead, opt for organised calm. Recessed shelving will allow a display of the beautiful while drawers will let you hide the essentials.

CLOCKWISE, FROM TOP RIGHT: bathroom painted in LINEN CUPBOARD and TIN BATH BATHROOM PAINTS, both £22 for 2.5L, Crown at Wickes. FELLINI ZELLIGE TILES in CREME and PIANTA, both £69.60 a sq m, Claybrook. Wall covered in ROSALINA HONED MARBLE, £113.84 a sq m, Mandarin Stone. Shower surround in OSKA TILES in JUNGLE GREEN, £56.10 a sq m, Mandarin Stone

BENEATH THE SURFACE

Natural materials should be the building blocks for any space, but they work particularly well in the bedroom. The softly tactile textures of cotton, linen and wool create pleasing contrasts beside harder elements such as wood, stone and plaster. For a relaxed look, layer them together and create a cocooning feel that instantly invites relaxation.

Try the Australian brand Bed Threads for high-quality sheets, and Zara Home for cushions. To create a similar look on your walls, consider Rust-Oleum's Chalkwash paint, which is more resistant to stains and scuffs than traditional lime finishes.

FLAX LINEN BEDDING SET, from £220, Bed Threads



A rustic interior scene featuring a plaid armchair, a wooden side table with a cup, and a woven basket with a blanket.

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The new *Country Living* Marketplace is open for business, selling a wide range of stylish, hand-crafted products from the best of British artisans. Every single item featured on the site has been specially picked by the *Country Living* team, so whatever takes your fancy – from eye-catching artworks to the perfect present for the pet in your life – you can browse and shop at your leisure, confident that you're making a big difference to small businesses.

HOLLIE CHILDE ART

Inspired by her upbringing in Shropshire, watercolour artist Hollie creates paintings that celebrate the whimsical side of British wildlife. Her collection includes limited-edition prints and greetings cards.



TURNER & BELL

Drawing on an equestrian heritage and using only the finest leathers and fittings, Turner & Bell design and make luxury dog collars and leads in their Leicestershire studio, along with a range of leather moccasins and handbags.

CLAIRE VAUGHAN DESIGNS

Crafted in her Herefordshire studio, Claire's award-winning range of ceramics, stationery, homeware and kitchen linens, all decorated with flora and fauna, is perfect for anyone who loves nature.



JO BUTCHER

Based in Somerset, embroidery artist Jo creates unique and intricate hand-stitched artworks inspired by her love of flowers. Her collection also includes greetings cards and fabulous embroidery kits for those who want to recreate her style themselves.

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“Our new Marketplace brings talented artisans together in one beautiful online store, so you can shop from them all year round from the comfort of your home” *Louise Pearce, Country Living editor-in-chief*

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MOOD-, BRAIN- AND BODY-BOOSTING
IN EVERY BITE

Recipes *Sunil Vijayakar*

Slow-roasted tomato and bean salad

The phytochemical lycopene, which gives tomatoes their colour, can help reduce the risk of heart disease and certain types of cancer. Roasting the tomatoes and adding a little oil makes it easier for the body to absorb their lycopene.

PREPARATION TIME 20 minutes, plus cooling

COOKING TIME about 2½-3 hours

SERVES 4

FOR THE SLOW-ROASTED TOMATOES

- 1.5kg ripe plum tomatoes
- 5 garlic cloves, finely chopped
- 6-8tbsp olive oil
- 4tbsp golden caster sugar

FOR THE SALAD

- 25g pine nuts
- 300g green beans, trimmed
- 200g light feta/Greek salad cheese, crumbled

FOR THE DRESSING

- 1 garlic clove, crushed
- 4tbsp extra virgin olive oil
- 2tbsp red wine vinegar
- 1tsp Dijon mustard
- 1tsp runny honey

1 Preheat oven to 110°C (90°C fan) mark ¼. Halve the tomatoes lengthwise and arrange on 2 baking sheets, cut side-up. Scatter with chopped garlic. Drizzle with oil and sprinkle with sugar. Season well. Roast in the preheated oven for 2½-3hr, until the tomatoes are shrivelled, deep red and soft. Leave to cool completely in the oven.

2 Meanwhile, toast the pine nuts in a pan over low-medium heat, gently shaking the pan for 2-3min until they start to brown and become fragrant; set aside.

3 Bring a large pan of water to the boil and cook the beans for about 3min, until bright green but still crisp. Drain and rinse immediately under cold water to stop the cooking, drain again and pat dry with kitchen paper.

4 Combine the cooled roasted tomatoes, toasted pine nuts and green beans in a serving bowl. Whisk together all the dressing ingredients in a small bowl with some seasoning and pour over the salad. Top with the crumbled cheese just before serving.

Quinoa tabbouleh

Naturally gluten-free, quinoa contains significantly more protein than other grains. It is a useful source of iron, especially for people

who don't eat meat, and contains B vitamins, zinc and magnesium.

PREPARATION TIME 15 minutes, plus cooling and standing

COOKING TIME about 15-20 minutes

SERVES 4

- 250g quinoa
- 500ml hot vegetable stock
- 1 red onion, finely chopped
- 4 tomatoes, finely chopped
- 1 cucumber, finely chopped
- 1 garlic clove, crushed
- Juice 1 large lemon
- 2tbsp extra virgin olive oil
- 8tbsp finely chopped fresh flat-leaf parsley
- 8tbsp finely chopped fresh mint

1 Rinse the quinoa in a sieve under cold water and put in a medium pan. Add the vegetable stock and bring to the boil. Reduce heat to low-medium and cook for 15-20min, or until all the liquid has been absorbed. Set aside and allow to cool a little.

2 Add the onion, tomatoes, cucumber, garlic, lemon juice, olive oil and chopped herbs. Season well and leave the salad to stand (at room temperature) for at least 30min to allow the flavours to develop before serving.

Photography

Peter Cassidy



Stir-fried shiitake mushrooms with ginger and spring onions

With its high levels of antioxidants, the shiitake mushroom is said to strengthen the immune system. Pak choi is rich in B vitamins, which help to keep the blood healthy.

PREPARATION TIME 15 minutes

COOKING TIME about 10 minutes

SERVES 4

- 1tbsp cornflour
- 6tbsp dark soy sauce
- 1tbsp mirin or cooking rice wine
- 1tsp sesame oil

- 1tsp runny honey
- 300g pak choi
- 2tbsp sunflower oil
- 2 garlic cloves, finely chopped
- 2tsp finely chopped fresh ginger
- 10-12 spring onions, cut diagonally into 3cm lengths
- 400g shiitake mushrooms, halved or thickly sliced
- 1-2tbsp sesame seeds, toasted
- Egg noodles or steamed rice, to serve

1 In a bowl, mix together the cornflour, soy sauce, mirin or cooking rice wine, sesame oil and honey until smooth.

2 Cut the stalks of the pak choi into

large chunks (reserving the leaves) and blanch stalks in a large pan of boiling water for 2-3min. Drain well and set aside.

3 Heat the sunflower oil in a wok over medium heat. Add the garlic, ginger, spring onions and mushrooms and stir-fry for 4-5min. Add the cornflour/soy mixture and stir-fry for another 2min, before adding the pak choi stalks and leaves. Warm through over high heat, until the leaves are just cooked.

4 Season with freshly ground black pepper, sprinkle over the sesame seeds and serve in warm bowls with egg noodles or rice.



Salmon brochettes with mixed sprouted bean salad

Salmon is a great source of protein, vitamin D and omega-3 fatty acids, which help to keep the heart and brain healthy. With more than a decade of solid, supporting scientific evidence, it's no wonder this delicious fish has kept its place on the list of top-five superfoods.

PREPARATION TIME 20 minutes, plus marinating

COOKING TIME about 10 minutes

SERVES 4

FOR THE SALAD

- ½ small red cabbage, finely shredded
- 1 large carrot, peeled and coarsely grated
- 200g mixed sprouted beans
- ½ small red onion, thinly sliced
- Large handful coriander, roughly chopped
- Juice 3 limes
- 1tsp cumin seeds, toasted

FOR THE BROCHETTES

- 2tsp nigella seeds
- Finely grated zest and juice 1 lemon
- 1tbsp Manuka honey
- 2tbsp light olive oil
- 4 skinless, boneless salmon fillets, cut into bite-size pieces

YOU WILL ALSO NEED

- 8 metal or soaked wooden skewers

1 Mix all the salad ingredients in a bowl, season and set aside for at least 15-20min to allow the flavours to develop.

2 For the brochettes, put the nigella seeds in a bowl with the lemon zest and juice. Add the honey and olive oil and mix to combine. Add the salmon pieces and toss to coat. Cover and marinate in the fridge for 30min.

3 Thread the salmon on to the skewers. Cook under a medium-hot grill for 4-5min on each side or until just cooked through.

4 To serve, divide the salad between 4 plates and top with the salmon brochettes.



‘SWAP WHITE WINE FOR
RED – AND ENJOY ONE
(SMALL) GLASS DAILY
FOR OPTIMUM HEALTH
BENEFITS. CHEERS!’

Why superfoods are so good for you...

What makes superfoods so super? Well, they're bursting with vitamins, omega-3 fatty acids, antioxidants, minerals and phytonutrients. And the good thing is, eaten regularly, superfoods can supply calcium for stronger bones, lower cholesterol, boost immunity, improve memory function, help to keep the heart and brain healthy, and reduce the risks of many of the diseases associated with ageing.

**‘ADD BLUEBERRIES
TO PORRIDGE.
OATS ARE FULL OF
FIBRE AND
BLUEBERRIES RICH
IN NATURALLY
DERIVED
ANTIOXIDANTS’**

Speedy ways to boost your superfood intake:

Keep walnuts in your bag to snack on during the day for an easy way to add healthy omega-3 fats to your diet.

Ditch roast potatoes for equally tasty roasted pumpkin, sweet potato or butternut squash.

Add watercress or kale to salads – they're a useful source of calcium, iron, B vitamins, vitamin C and phytonutrients.

Pomegranate, honey and yogurt creams

This fab fruit really is the king of the superfoods – packed with vitamins B6, C, phytochemicals and fibre, it helps keep your heart, brain, blood and immune system healthy.

PREPARATION TIME 20 minutes, plus cooling and chilling

COOKING TIME about 5 minutes

SERVES 4

- 3 sheets leaf gelatine
- 300ml skimmed milk
- 75g golden caster sugar
- 500ml organic vanilla-flavoured yogurt
- ¼tsp finely ground cardamom seeds

- 8tbsp heather honey
- Seeds from ½ pomegranate
- Chopped pistachio kernels, to decorate

- 1 Put the gelatine leaves in a bowl of cold water and leave to soften for 5min. Pour the milk into a small pan with the sugar and bring to the boil, stirring to dissolve the sugar. Remove the softened gelatine from the water, gently squeeze out excess water and add to the milk. Remove the pan from the heat and stir until the gelatine dissolves.
- 2 Pour the milk mixture through a fine sieve (to remove any lumps) into a small bowl and set aside to cool. When the mixture starts to thicken slightly, lightly whisk the

yogurt, then add to the milk mixture with the ground cardamom and stir until completely combined and smooth.

3 Divide the mixture between 4 individual ramekins or pudding moulds, cover and chill until set, about 3-4hr.

4 When the creams are set, heat the honey in a pan over medium heat. When it starts to boil rapidly, add the pomegranate seeds and then remove the pan from the heat. To serve, dip each mould into a bowl of hot water for 2-3sec and turn out on to a serving plate. Spoon the honey and pomegranate mixture over the top of the yogurt creams and decorate with the chopped pistachios.

‘POMEGRANATE REALLY
IS THE KING OF
THE SUPERFOODS’



*Oyster
and*
AMBER

CREATE
AN ELEGANT
LOOK WITH
THESE SMOKEY
SHADES

Compiled by

*James
Cunningham*

NOUVEAU OPEN PENDANT LIGHTS in
SARGASSO, £450 each, Rothschild & Bickers

MIRROR, £320,
Chelsea Vivash
at Glassette

PENDANT
LIGHT, £135,
Soho Home

OCCASIONAL
CHAIR, £1,295, Oka

STOOL,
£430,
Ceraudo

TAOS HOUSE MATT
EMULSION, £49.50
for 2.5L, Fired Earth

STONY GROUND
MATT EMULSION, £59
for 2.5L, Farrow & Ball

VASE, £30,
Five And
Dime

TENBY CANDLE HOLDER
AND VASE SET, £39 for 5
pieces, Cult Furniture

ALDWYCH SIDE
TABLE PAINTED IN
CHESTNUT, £389.85,
Neptune

AMBRE
CANDLE,
£75,
Diptyque

RUG, from £345, Nordic Knots

LAMP BASE, £270;
SHADE, from £110,
both Matilda Goad

BEDDING SET, from £220,
Bed Threads

THROW, £120,
&Tradition
at Nest

Spotlight on... YESCOLOURS

EMMA BESTLEY AND JOHN STUBBS
JOINED FORCES TO CREATE
YESCOLOURS, THE BOLD
INDEPENDENT PAINT BRAND

Emma Bestley has grapheme-colour synaesthesia, which means she can see colours and emotions in words, numbers and even days of the week. It also means she was perfectly primed to launch YesColours, a joy-giving paint brand, with her friend of over 20 years John Stubbs.

Their respective backgrounds in fashion buying and product design set the duo on the right path with their collection of feelgood shades of water-based, vegan paint. 'From the outset, we wanted to unlock people's creativity and reignite everyone's connection to colour,' says Bestley. 'We didn't want to be overly reliant on colour trends or the status quo. Our colours are inspired by the world around us, from travel to film – and even food.'

'We want to appeal to people who aspire to be creative, design-led and more confident in their home decor, without being overwhelmed or intimidated by lofty heritage brands, fast-fashion trend colours and rule-book traditionalists,' adds Stubbs.

YesColours offers a free 15-minute colour consultation to help customers choose the right shade for their homes. Its collection pays homage to the iconic Majorelle Garden in Marrakech. 'Our Electric Blue paint was based on the main building and our Electric Yellow and Orange

paints are inspired by the giant stone pots containing lush green banana trees,' says Bestley.

Sustainability and the impact of paint on the environment has been a huge factor in creating a disruptor lifestyle brand. While some 14,000 tonnes of paint tins go into landfill every year, YesColours paints are delivered in Europe's first recyclable paint pouches, which are free of harmful chemicals. 'We've kept sustainability at the

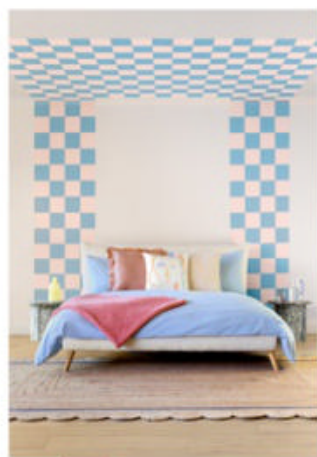
heart of how we operate and will continue to do so, from our packaging to our supply chains,' says Bestley.

When it comes to decorating their own homes, Stubbs says: 'I have a few select spots that I go to in Islington, north London: the independent design stores TwentyTwentyOne, Aria and Adventures In Furniture.' Bestley, meanwhile, loves an antiques market, as well as homewares from high-street shops H&M Home, Habitat and Arket. 'I also get a thrill from finding treasures on Facebook Marketplace,' she adds. 'I recently found a G Plan book cabinet for my garden office.'

To make your home happier, on a budget, the pair naturally recommend a fresh lick of paint. 'We've seen hundreds of customers use our bestselling Electric Blue paint to give a new look to mirrors, lamp bases and even ceilings – just a small amount of colour can make a huge impact,' says Stubbs.

'Creating a colourful space can improve your mental health and make you feel safe, relaxed or uplifted,' adds Bestley. 'It's so important.'

WALLS PAINTED
IN CALMING
BLUE; SERENE
PEACH; SERENE
NATURAL MATT
EMULSION,
all £21 for 1L,
YesColours



WALLS PAINTED
IN FRIENDLY
PINK; FRESH
YELLOW; TABLE
IN FRIENDLY
PINK; FRIENDLY
BLUE MATT
EMULSION,
all £21 for 1L,
YesColours



PASSIONATE LILAC
MATT EMULSION,
£21 for 1L,
YesColours



WORDS: BECCA CULLUM-GREEN

JAI CABINET,
£599,
Swoon



VASE, £45,
Arket



CANDLEHOLDER,
£12.99, H&M



CUSHION,
£69,
Marimekko
at Aria



TOGO FIRESIDE CHAIR IN ORANGE,
£1,882, Ligne Roset at Aria





IN BLOOM

Uncut Stems is a flower subscription service with a difference. Rather than a bouquet, each delivery includes sustainably sourced flowers and foliage to be arranged in a vase before sharing with other members of the community online.

£30 every fortnight, Uncut Stems



SWEETNESS AND LIGHT

Ideal for bringing some cheer to the dinner table, Matilda Goad & Co's new candlesticks feature whimsical embellishments. My eye is on the four-leaf clover.

£70 each, Matilda Goad & Co

THE LIVING INFLUENCER



RED INTERIORS EDITOR
JAMES CUNNINGHAM
ON THE THINGS HE
LOVES THIS MONTH



STITCH UP

Embroidery artist Cressida Jamieson has collaborated with the dreamy linen brand East London Cloth. Their monogrammed pillowcases are something to treasure forever.

From £114, East London Cloth

ART OF CRAFT

Former fashion journalist and *Red* alum Deborah Brett has turned her creativity towards ceramics. Her debut collection includes this beautiful cake stand, which is handmade using liquid porcelain and finished with a blue bubble glaze.

£295, DB Ceramic



SKILL SET

'Factory is fine, but bespoke is better,' is upholsterer Micaela Sharp's motto. I'll be taking lessons from her Create Academy course, which features guides on sourcing vintage furniture and choosing fabrics, as well as hands-on projects such as covering a headboard.

£127, Create Academy



RUSTIC STYLE REIMAGINED
COUNTRY LIVING AT DFS



QUALITY & HERITAGE

Each *Country Living* piece is handmade to order in UK factories by skilled craftspeople, using quality fabrics crafted in Lancashire mills.

The *Country Living* Collection at DFS is where rustic charm meets sumptuous luxury, and this exclusive range now includes a fabulous chaise sofa and statement chair.

The *Country Living* Witcombe (left) sports a covetable chaise that entices you to lie back and relax. The deep-filled seat and button-detail back cushions are supremely comfortable and supportive, while the rolled arms and turned feet with brass-effect castors add a touch of traditional style. The Witcombe is upholstered in a soft yet durable herringbone fabric and comes in a choice of eight shades, including Duck Egg (shown), Dove Grey and Forest Green.

Offered in four elegant striped fabrics, the classically styled *Country Living* Quinton chair (above) is the perfect accompaniment to the Witcombe, with sturdy rolled arms, a deep-padded seat and turned dark wood feet. As you'd expect from such quality pieces of furniture, the Quinton and Witcombe both offer a free 15-year frame and frame springs guarantee to protect your investment for years to come.

See the full *Country Living* Collection at dfs.co.uk/country-living

COUNTRY LIVING | dfs

On the **TILES**

THE FOUNDER OF BERT & MAY, THE DESIGN-LED TILE BRAND,
TRANSFORMED AN UNINSPIRING PROPERTY, ADDING CHARACTER,
COLOUR AND, YES, TILES IN ABUNDANCE

Photography *Simon Bevan*



Words *Carolyn Bailey*

HOME CV

WHO Lee Thornley, founder of Bert & May, his daughters, Iris, eight, and Layla, 11, his partner Phil, and their two dogs, Poppy the labrador and Molly the dachshund.

WHAT A renovated 1950s three-bedroom house in Poppleton, North Yorkshire. With a history of renovating a boutique hotel in Andalucía and founding an artisan tile brand, Lee's decision to settle down in an unassuming suburban three-bed in Yorkshire may have seemed surprising to some. But it was precisely the challenge of working with something entirely inconspicuous that drove him. 'I was determined to prove you can take something a bit average and transform it into something really interesting,' he explains. 'Our vision was to create a cool space from something that most people would consider uninspiring.' After living there for six months in 2020, Lee and Phil embarked on a massive renovation project with the help of York-based Mass Architecture, adding a two-storey extension and opening up the living space downstairs. While Bert & May's bold tiles are used throughout, alongside other strong pops of colour, these more daring design choices are balanced with earthy colour palettes, wooden surfaces, cosy textures and masses of natural light.

FIREPLACE

A cosier seating area has been created within the vast open-plan living space by positioning two 1950s-style cocktail chairs facing the Stovax wood burner. This offers a more intimate spot for hosting, with the added benefit of garden views through the large bifold doors.

OPEN-PLAN SPACE

The expansive open-plan kitchen, dining and living room is the heart of the home, where Lee wanted to create a calm, earthy feel. Caesarstone-topped timber units line the back walls, while the central island is covered in Bert & May's Hexagonal Split tiles.

Lee was keen to incorporate vintage and recycled elements, including the reclaimed wooden floorboards throughout the ground floor and the dining table made from antique wooden shutters. A striking ceiling light by Bocci draws focus to the central dining area, and Pooky pendant lights line the ceiling at the back end of the room.

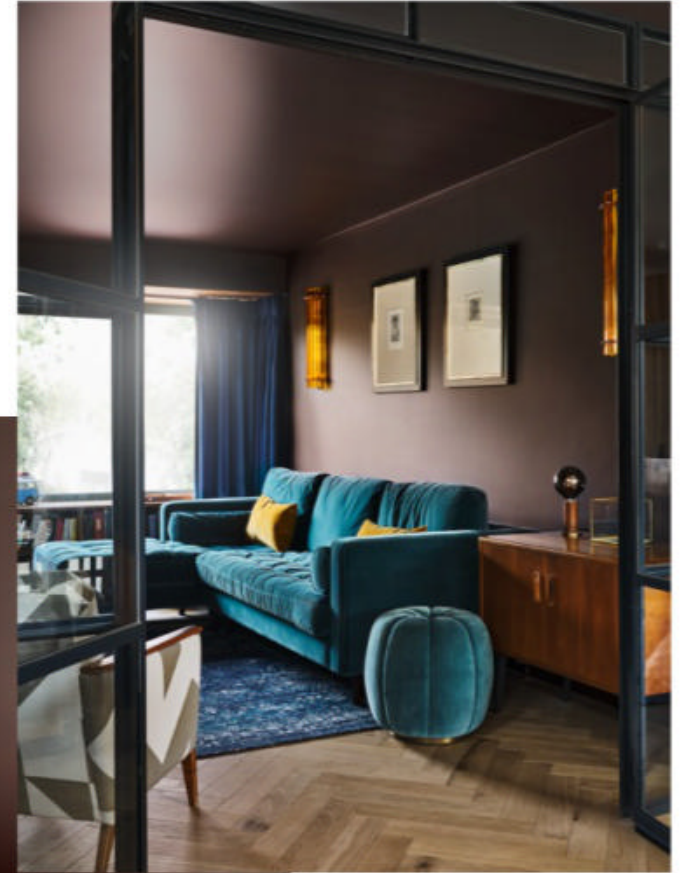


OFFICE

With its timber clad walls, reclaimed desk and mid-century modern furniture, Lee and Phil's contemporary garden office exudes a quiet elegance. Bert & May's hexagonal split tiles have been used to create a sophisticated look for the floor.



‘OUR VISION WAS TO
CREATE A COOL SPACE
FROM SOMETHING
UNINSPIRING’



LIVING ROOM

When they're not entertaining, Lee and Phil enjoy relaxing in the separate sitting room area. A teal velvet sofa from Made.com is teamed with vintage finds, including a sideboard and armchair. The timber cladding creates a feature of the fireplace, with tiles from Bert & May's Modernist Collection used for the hearth.

MAIN BEDROOM

The main bedroom stands alone on the ground floor, providing a luxurious hideaway for Lee and Phil to retreat to at the end of the day. Dark wood cladding and wooden flooring are paired with rich, dark green walls to create a grown-up feel.

BATHROOM

Bert & May's Hexagon tiles in Old Iron create a luxurious feel, complemented by stunning gold fittings from Fired Earth and Market Green No.38 paint by Mylands. Dark wood cladding and flooring adds to the opulence.



GARDEN

Out in the garden, Lee and Phil have installed a Study Box – a prefabricated modular building, which is the result of a collaboration between architects from Box 9 Design and Bert & May. The outdoor chairs are by West Elm.

GET THE LOOK FURNISH YOUR OWN HOME

BOW BACK
CHAIR,
£375, Cox
& Cox

URCHIN
PENDANT, £275,
Tom Raffield

GAUCHO
TABLE
LAMP, £129,
Furniture
Village

BRASS CONE
SHADE WALL
LIGHT, £109,
Houseof

OPTICAL STRIPES
WALLPAPER, £120
a roll, Lime Lace

LARGE
SPECKLED
PLANT POT,
£24.95,
Graham &
Green

CLUB WALL LAMP,
£167, Abode Living

TYRIAN PLUM
WALL PAINT,
£55.95 for 2.5L,
Annie Sloan

LARGE
MANGO
WOOD
SERVING
TRAY, £19.99,
H&M Home

SOFT DOT
CUSHION, £89,
Hay at End.

INKDROP RUG, from £119,
Jonathan Adler x Ruggable

MONSTERA
DELICIOSA, £63,
Leaf Envy x Soho
Home

LUNA ROSE TILE, £5.35,
Bert & May

LEON
GRANDE
SOFA, from
£2,495, Arlo
& Jacob

BAILEY ACCENT
ARMCHAIR, £449,
Cult Furniture

GREY CHECK FLANNEL BED LINEN, from
£15.99 for a pillowcase, Zara Home

JADE MARBLE
DRINKS CABINET,
£649, Atkin
And Thyme

GET THE LOOK COMPILED BY: CARA LASKARIS

House Beautiful MARKETPLACE

**READER
OFFER**
Use the code
REDMAG10 for
10% off*

*Grab
this smart
chair while
you can!*

Maimie bouclé armchair; Everleigh ladder display unit

NEW YEAR, NEW HOME

As the new year begins, it's time to give your living space a bit of a rethink. Whether your home is in need of a good declutter or you just want to make it look even more gorgeous, the *House Beautiful* Marketplace is here to help.

From handy shelving, bookcases and clever storage solutions – such as the Everleigh ladder display unit, above right – to chic accessories and super-stylish furniture – such as the Maimie bouclé armchair, above – it couldn't be easier to give where you live a modern makeover. And remember, you get free shipping on any orders over £30!

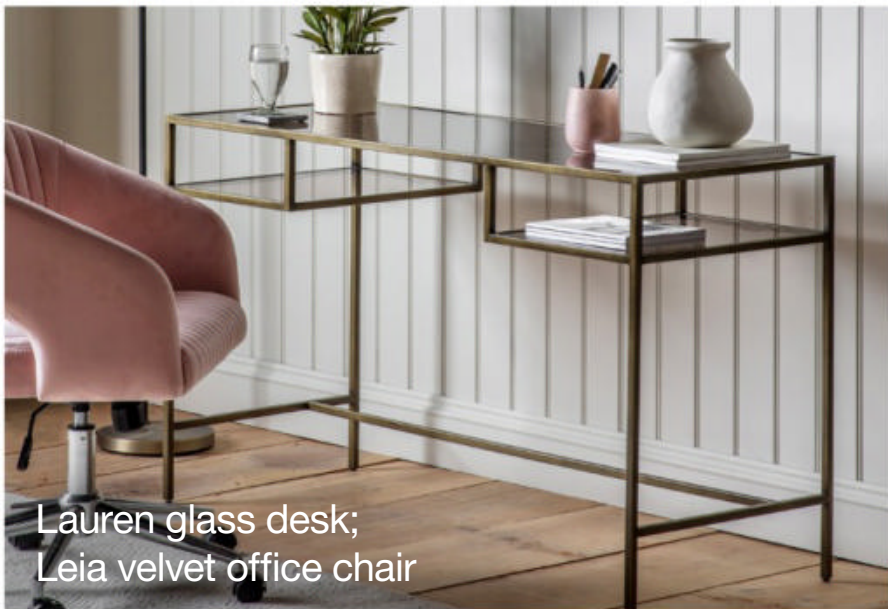
Update your space with stylish furniture and gorgeous accessories



Angela console table



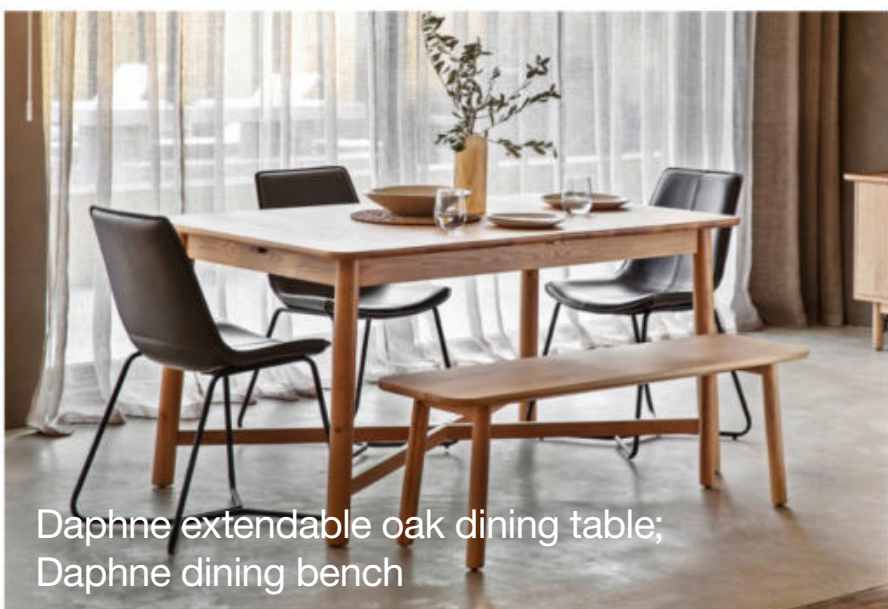
Odette oak coffee table



Lauren glass desk;
Leia velvet office chair



Anisa ridged tableware



Daphne extendable oak dining table;
Daphne dining bench



Lilo cotton stripe cushions

Create your dream space at

housebeautiful.co.uk

*Offer valid on full-priced items only



SCAN HERE
to shop these
products and more

A top-down view of a white ceramic bowl filled with a breakfast dish. The bowl contains a base of white rice or quinoa, topped with a generous portion of orange salmon, sliced avocado, and a mix of green microgreens and red edible flowers. The bowl is set on a dark blue placemat, which is placed on a light-colored wooden table. In the background, a small potted plant and a person's legs are visible, suggesting a casual dining environment.

*The
breakfast*
CLUB

BRIGHTEN UP YOUR MORNINGS
WITH THIS GLIMPSE INTO SOME OF THE
UK'S BEST-LOVED BREAKFAST JOINTS
AND THEIR SIGNATURE RECIPES

Nestled in its own jungle of greenery, The Crafty Egg is a small but mighty rising star in the heart of Bristol that has evolved into the number-one brunch spot locally.



Salmon and potato hash

'Light, fresh and different, without being complicated or pretentious, our salmon and potato hash offers an explosion of complementary flavours, with a balance of sweet and spicy from the gochujang and lime crème fraîche, adorned with a perfectly runny fried egg, surrounded by smoked salmon and decorated with sesame seeds.'

SERVES 4

PREPARATION TIME 20min

COOKING TIME about 35min

- 3 large or 4 medium potatoes
- Vegetable oil, to grease
- 120ml crème fraîche
- 1 lime, zested and juiced
- 500g kale
- 4 large eggs
- 180g smoked salmon
- 20g sesame seeds
- 20g micro coriander
- 20g micro shiso

FOR THE PICKLES

- 150g sugar
- 150ml white wine vinegar
- 1tbsp coriander seeds
- 1tsp cumin seeds

- Pinch smoked chipotle
- 2 cucumbers
- 20g fresh dill, finely chopped

FOR THE GOCHUJANG CHILLI RELISH

- 1 shallot
- 2 garlic cloves
- Thumb-sized piece fresh ginger
- 200ml tomato ketchup
- 50ml rice wine vinegar
- 100ml gochujang paste

1 Start by chopping your potatoes into 1cm cubes. Boil in a large pan of water for 20min, then drain and leave to steam dry. Meanwhile, preheat your oven to 180°C and place a well-oiled tray inside to heat up. Once the potatoes are dry, place them on the hot oiled tray and season with salt and pepper. Cook in the oven for about 25min or until golden brown.

2 While the potatoes are cooking, prepare your accompaniments. For the pickles, combine the sugar, vinegar, coriander seeds, cumin seeds, smoked chipotle and 150ml water in a saucepan over medium heat. Meanwhile, peel or finely slice the cucumbers into ribbons and toss them with the fresh dill. Leave the pickling liquid to cool before pouring

it over the cucumber and dill, adding a pinch of salt to taste, then set aside while you make the rest of the dish.

3 For the gochujang relish, peel and finely dice the shallot and garlic, peel and finely grate the ginger, then sweat them in a pan until softened. Add the ketchup, vinegar and gochujang, then leave to cook for 15-20min, stirring occasionally.

4 Mix the crème fraîche with the lime zest and juice in a small bowl, then set aside in the fridge. Chop and rinse the kale, then blanch for 1min in boiling water, drain and refresh in iced water.

5 Once everything is cooked and ready to serve, fry the eggs to your liking (we do ours with a runny yolk). They should take about 3min to cook. In the meantime, place the potatoes into a large mixing bowl with 2tbsp of the gochujang relish and all the prepared kale, then toss the ingredients together.

6 To serve, spread 2tbsp lime crème fraîche on to each bowl or plate. Cover with a hearty pile of the potato hash, place a fried egg on top, add the smoked salmon and drained cucumber pickle, then garnish with the sesame seeds and micro herbs.



*Good eggs:
manager
George (left)
and head chef
Scott at The
Grind in
Sheffield*

The Grind baked eggs

'A Grind classic based on the North African dish shakshuka. This has been on the breakfast menu for the past few years and is a firm favourite with our customers.'

SERVES 1-2

PREPARATION TIME 10min

COOKING TIME about 5-10min

- Drizzle of oil
- ½ small red onion
- 1 red pepper
- 1tbsp chipotle paste
- 1tsp smoked paprika
- 500g baked beans
- 2 eggs
- 30g feta cheese, optional
- Fresh chives, dill and/or pea shoots, to garnish
- Toast and butter, to serve

1 Heat a small cast-iron or ovenproof frying pan with a little oil while you finely chop the onion and dice the pepper. Fry them for 2min on a high heat until soft. Preheat the oven to 180°C.
2 Add the chipotle paste and paprika to the pan, then add the baked beans and bring to the boil. Using the back of a tablespoon, create 2 wells in the mixture and crack your eggs into them.

3 Place the pan into the preheated oven and bake for 6min, until the eggs have cooked all the way through. Take the pan out of the oven and crumble the feta cheese (if using) on top of the baked eggs. Garnish with a sprinkle of finely chopped herbs and/or pea shoots. Serve with plenty of toast.



*A fixture of Sheffield's industrial quarter,
The Grind Cafe has been serving some
of the best breakfasts around since 2012,
and recently expanded to take two new
venues under its wing.*

The Green Rocket is a proudly independent, multi-award-winning cafe and restaurant in Bath, with vibrant vegan food that puts flavour at its core.

Inside The Green Rocket (right) chef Phil is ready for breakfast



Vanilla poached rhubarb porridge

'This recipe came about when we ran a competition at the cafe for the team to come up with a new porridge recipe, won by Jye the Aussie barista, who developed this. It's very easy to make when good rhubarb is in season.'



SERVES 4

PREPARATION TIME

15min

COOKING TIME

about 15-20min

- Handful sunflower seeds, optional
- 200g rhubarb, chopped evenly
- 80g white sugar or agave syrup
- 1tsp vanilla paste
- A little orange zest, to taste
- 200g porridge oats
- 800ml oat milk
- 1tbsp maple syrup

1 If you are using the sunflower seeds as a garnish, preheat your oven to approximately 160°C. Place seeds on a baking tray and toast in the preheated oven for about 15-20min, until they turn a light golden colour.

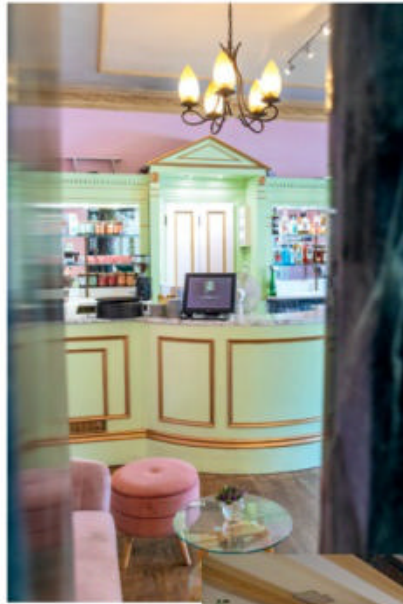
2 Place the rhubarb in a pan with the sugar or agave syrup, vanilla, orange zest and 100ml water. Poach gently with a lid on until the rhubarb is soft. It will take about 10min until the rhubarb is starting to soften but still has a little shape.

3 Meanwhile, combine the oats, milk and syrup in another saucepan. Bring to a gentle boil and cook for 5min, until the oats are tender, stirring regularly.

4 Divide the porridge between bowls and top with your poached rhubarb, then garnish with a scattering of toasted sunflower seeds, if you like.



*Just a stone's throw from the seafront in Hove,
Oeuf is just the place for a candlelit breakfast of deliciously
wholesome food amid beautiful surroundings.*



*Delightful
decor and
a friendly
welcome from
owner Amber
await at Oeuf*



Oeuf and surf

'This dish was created due to us being close to the sea and using local produce and suppliers. It was designed for a nice sunny summer's day, but we now add it to salads, baguettes and so many other dishes. It's such a tasty light dish that's full of flavour!'

SERVES 2-3

PREPARATION TIME 10min

COOKING TIME about 5min

- 1 small red chilli, finely chopped
- Small bunch chives, finely chopped
- 2 spring onions, finely chopped
- 100g white crab meat
- 2 limes, zest of 1 and juice of both
- 20ml white wine vinegar
- 4 eggs
- 2-3 slices sourdough bread (or any of your preference)
- 20g butter, melted

1 Mix all the chopped ingredients with the crab meat, lime zest and juice, salt and pepper. Make sure you taste it and adjust the seasoning to your preference.

2 Put some water on to a rolling boil, and then add the vinegar. Crack the eggs, one at a time, into the water and time for around 2½-3min depending on the size of the eggs and how you like them cooked. When they're done, take them out and drain on a piece of kitchen paper.

3 To serve, toast your sourdough bread and spoon on the crab mixture. Drizzle over the melted butter and place the poached eggs on top. *Bon appetit!*



*Recipes
extracted from
Breakfast Club
(Meze
Publishing),
out now*

CONTEMPORARY BATHROOMS FOR MODERN LIVING

Cutting-edge designs from the *House Beautiful* Bathstore Collection at Homebase



DOUBLE BASIN UNIT in Gloss White



Cube porcelain wall & floor TILES in Fern

Bathtime has never looked so good, thanks to the new *House Beautiful* Bathstore Ele-ment(s) range of bathroom furniture and accessories at Homebase.

Bathstore, along with the style experts from *House Beautiful* magazine, has created the stunning Ele-ment(s) range, designed to make it easy for you to craft the bespoke bathroom of your dreams.

Offered in Gloss White or Gloss Grey, the cabinets marry Italian quality with German functionality, including push-to-open, soft-close drawers and doors. Optional handles

are also available, as well as a wide range of bathroom taps. What's more, everything is delivered preassembled, ready to install without a hitch, straight from the pack.

For the ultimate in personalisation, the *House Beautiful* Collection also includes some super-stylish tiles: Aurelia, a rectangular tile in eight contemporary shades, is perfect for laying in a herringbone pattern, and Cube (shown left), which comes in four on-trend, diagonal-split shades, can be displayed in myriad ways to create a wealth of individual designs.

Visit homebase.co.uk to book your virtual or in-store appointment

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Mad ABOUT THE house

KATE WATSON-SMYTH, INTERIORS EXPERT AND RED COLUMNIST, IS DOWNSIZING – AND SHE COULDN'T BE MORE EXCITED ABOUT IT



HADDON IN ENGLISH RED, from £15,000, Kitchen Makers

5 of the best...

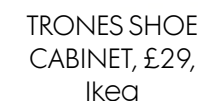
Small pieces of furniture



ALCOVE SMALL CUPBOARD, £620, Urbansize



PARKER KNOLL FITZROVIA ARMCHAIR, £1,049, John Lewis & Partners



TRONES SHOE CABINET, £29, Ikea



DOMENO OAK LADDER WALL SHELF, £215, La Redoute



JUNEAU VELVET BUFFET, £2,498, Anthropologie



DESIGN TIP

Freestanding cupboards and shelves can be beautiful (and

vintage), but there's no question that built-in gives you more space. Some estimates say you can gain up to 30%, which is vital in a small room. Look at awkward corners, over doors and under stairs for anything you can board out or add shelves and doors to. Painted MDF is the most cost-effective, and adding architraves or scalloped edging will make it look prettier. Either paint it to match the walls so it disappears or make a feature of it.

MANHATTAN RANGE, from £2,000, Sharps

Downsizing. A word indelibly associated with getting old, the passage of time and a gentle expansion into elasticated waists as we slide towards our twilight years. And yet, I have just done it at 55 – not because I want to grow old gracefully and potter around the garden, but precisely because I want to grow old disgracefully. I am planning an adventure – a 'third act' if you like – which has begun by selling our large London house to buy a smaller one in the hopes of releasing enough equity to travel and realise a lifetime of dreams.

Another reason for this move is my children. My sons are, at the time of writing, 19 and 21. One has just moved out to start his Fine Art degree, the other is back to start his master's. They may boomerang for a few years, but they are essentially ready to start their own lives, which means their bedrooms were chiefly a repository for childhood memories and becoming largely empty spaces.

A report from 2021 estimated that four in 10 properties are under-occupied, and if people could be encouraged to downsize, this would free up the market for younger people.

We didn't want to be those people – so we moved. Now, I will confess it was slightly opportunistic. The plan had been to wait for both boys to finish their studies and have their

own places until we downsized to a flat. But when an offer for our family home came out of the blue, we decided it was a message.

This meant a two-bedroom flat wasn't immediately practical, but we found a four-bedroom terraced cottage, which, while not cramped, is a lot smaller than the five-bedroom townhouse we had lived in for 12 years. My husband and I work from home, so we needed office space; and with both children at home for the holidays, it seemed to be the smallest we could go. The new house is around 1,400sq ft – the old one was 2,400sq ft, so we currently have a lot of stuff in storage.

In the meantime, I have been planning clever cupboards, looking at space-saving ideas and making the most of every square inch. And while the piles of boxes were initially overwhelming, it has been incredibly useful to pare back to the essentials and create something practical and beautiful in the space we now have.

Our new garden, previously an 80ft-long lawn filled with fruit trees, is now little more than a paved yard. But instead of extending the house to fill it, we will be adding a greenhouse to the side of the kitchen at a cost of around £7,000 (as opposed to an extension, which could be £100,000), to create another spot for coffee or wine. I'm excited for our third act.



Mad About The House Planner: Your Home, Your Story (Pavilion)
by Kate Watson-Smyth is out now; madaboutthehouse.com

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Happiness is...

RADICAL CURIOSITY

The Harvard Study of Adult Development first began in 1938 and is still going strong today – making it the longest-ever study on human happiness. Its biggest discovery? People who are more connected to family, friends and community are happier, physically healthier and live longer than those who are less connected. Want to enhance your relationships this year? Approach the people in your life with radical curiosity, suggest the study's directors, Robert J Waldinger and Marc Schulz. 'Even a small interest in another person can create excitements, new avenues of connection, and new pathways for life to flow,' they write in their new book *The Good Life*. 'Curiosity is an upward spiral.'

*The Good Life: Lessons From The World's Longest Study On Happiness
(Rider) by Robert Waldinger and Marc Schulz is out 12th January 2023*

A low-angle shot of a woman with dark skin and curly hair, wearing a light green athletic top and high-waisted bottoms. She is stretching her arms upwards, with her hands clasped together above her head. Her eyes are closed, and she has a serene expression. The background is a bright, cloudy sky.

**A fitter,
healthier,**

**happier
2023**

FROM SMART MENSTRUAL CUPS TO THE CALMING INGREDIENT
WE'LL BE PUTTING IN EVERYTHING, KERRY LAW ROUNDS UP THE BIGGEST
WELLNESS TRENDS TO KEEP ON YOUR RADAR THIS YEAR

Will you be starting your day with an aerial fitness class in the metaverse, stopping off for your shamanic session at lunchtime, then finishing it with a nootropic cocktail? Well, according to leading experts in the wellness industry, you just might.

For 2023, expect a host of new developments that are still being driven by the effects of Covid-19, and our lifestyles that exist ever-more fluidly between digital and physical spaces.

‘Today, a new framework for living is emerging; one that connects previously distinct pillars of health, such as physical, emotional, mental,

environmental and social,’ says Olivia Houghton, deputy creative foresight editor at the Future Laboratory. ‘We are noticing that people want to simultaneously feel fulfilled and entertained, while also secure, safe and connected.’

The squeeze on our time and our purse strings means we’re demanding more bang for our buck, seeking experiences and products that deliver multiple benefits. And the pent-up energy we had to suppress during numerous lockdowns means we are now raring to escape and exist in new realms: physical, virtual and even spiritual. Now, more than ever, we’re looking to explore new ways of moving, thinking and being.

Ready for it? Here’s how you could be looking after mind, body and soul in 2023.

Workouts go meta

We visit the gym or we work out at home – but now it’s time to exercise in the metaverse as advances in virtual reality (VR) technology take fitness into a whole new space. Via a VR headset and a huge choice of fitness apps on the Meta Quest platform (which has already been gaining popularity with gamers), you can burn serious calories in a truly immersive experience – wherever and whenever you like. While using the headset, your workout can be lifelike (working out with your trainer in a virtual gym) or pure fantasy (jumping around in a HIIT-based fitness game set in ancient Rome or a Martian desert).

TRY IT: Browse brands and buy fitness apps on the Meta Quest platform (meta.com/gb/quest) – search for Supernatural, Peloton, FitXR and more. Les Mills is one of the first fitness brands to enter the metaverse with BODYCOMBAT, a fitness game based on its martial arts-inspired workout. Brand-new workouts, such as its latest Les Mills Live event, will upload in early 2023. Buy the app (£22.99) and a VR headset (Meta Quest 2, available at John Lewis & Partners, £399) to access.

Soul support

Now that manifesting and meditation are undoubtedly mainstream, one of the world’s most ancient spiritual practices is seeing a resurgence. Shamanism – a form of healing and ceremony that involves conversing with the spirit realm – promises an alternative way to heal from trauma or modern-day burnout. Shamanism in the 21st century combines ancient ritual with our current understanding of the mind to create a contemporary form of therapy.

Having your own shaman has been a status symbol for CEOs and celebrities in recent years, but wellness pioneer Anna Bjurstam, who identified this trend at the Global Wellness Summit, believes shamanism could become more accessible. She believes this trend is a response to the limitations of Covid lockdowns, similar in origin to our growing interest in psychedelics and a desire to explore altered states of consciousness. ‘People are suddenly open and curious to look outside of the box – we know there is

something out there, beyond what we can touch and see,’ she says.

Shaman Inga Lamb helps her clients find joy in their lives, perform better at work and reconnect in their relationships. A typical session involves Lamb connecting with her spirit guides and journeying with her client to release energy blocks and change past life patterns. And as the wellness response to menopause continues to grow, shamans could be another solution women are turning to. ‘From a shamanic perspective, the menopause is one of the greatest opportunities for spiritual growth,’ Lamb says. ‘It’s the rite of initiation into the next phase of life when the wise woman appears in all her glory.’

TRY IT: Inga Lamb’s six-week course *The Cyclical Woman – Menopause* costs £390, yourinnerhealer.co.uk. Find a shamanic healer via the Shamanic Healers Circle (shamanichealerscircle.com), a professional body helping members achieve accreditation with the Complementary and Natural Healthcare Council of the UK.

Sustainable movement

Eco-friendly materials continue to be top of the agenda when it comes to active wear, but advances in biotech are resulting in some truly innovative sustainable fabrics. Bamboo has long been a go-to sustainable material, but your next gym-kit purchase could be made from mushrooms, seaweed or castor beans. Look out for them in new launches from Lululemon (lululemon.co.uk) and Pangaia (pangaia.com).

Metabolism in the spotlight

Broadly, metabolic health describes how well your body produces and uses energy. 'There's growing interest in metabolic health as #metabolism reaches more than 424m views on TikTok, with the surrounding conversations touching on weight loss, fitness and hormone balancing,' says digital anthropologist Lily Echanis (addverve.com).

In the UK, metabolic syndrome affects one in three adults over 50, which raises the risk of heart disease, stroke and other chronic conditions. But with common ailments such as depression and fatigue also possible signs of poor metabolic health, it's no wonder we are clamouring to understand it.

TRY IT: After a successful US launch, the Metabolic Health Programme by Levels Health arrives in the UK in early 2023. Described as a new breed of tracker, it offers real-time metabolic insights from multiple data points, including biosensors (glucose monitors), fitness, sleep and lifestyle data to present a comprehensive picture of your metabolic health. £334 for annual membership, which includes app access and analysis plus 28 days' worth of sensors, levelshealth.com.

Meanwhile, the metabolic breath tester Lumen will tell you in real-time how to change your nutrition plan to meet your body's needs. £249 for six-month subscription, lumen.me.



Time to fly

This airborne exercise will have you performing yoga poses, trapeze-style skills or upside-down gymnastics while suspended from silks, hoops or slings. Sometimes called antigravity yoga, aerial fitness classes deliver a fun workout full of new skills that strengthen the core and upper body, improve posture and raise heart rate.

'Aerial fitness is gaining momentum because it's a really fun yet challenging way to train using your bodyweight,' says Hattie Grover, master trainer at Gymbox.

TRY IT: Book Aerial Hoop at Gymbox (gymbox.com); Aerial Yoga and Air Barre at Repose (repose-space.co.uk), or search 'aerial class near me'.

'IMAGINE A PERIOD PRODUCT THAT GIVES INSIGHTS INTO YOUR MENSTRUAL HEALTH'

Next-gen cycle tracking

Imagine using a period product that not only handles your flow sustainably but also gives you personalised insights into your menstrual health? It will become reality later this year with the launch of Emm, the world's first smart period product.

Since the tech world woke up to a market estimated to be worth almost £40bn by 2025 (that is, women), there has been a surge in menstrual trackers in recent years. New versions aim to meet our demand for comprehensive knowledge: we want to predict energy levels and mood, monitor our fertility and spot signs of perimenopause, but also flag cycle changes that may denote issues such as infection or endometriosis.

The Emm device, which works as a menstrual cup, uses smart-sensor technology to connect with the Emm app, automatically updating it with information on menstrual flow volume, flow rate, cycle length and regularity, with no manual tracking required. Crucially, it promises to keep data protected and anonymous. Join the waitlist at emm.co.

Nootropics take off

Smart powders, coffees, snack bars, gummies... we just can't get enough of nootropics: the global market is expected to reach almost £6bn by 2026. Dubbed 'smart food' due to their brain-boosting powers, nootropics are types of mushrooms, herbs and naturally occurring compounds that enhance cognitive function – think chaga mushroom, ginseng root and L-theanine, an amino acid found in green and black tea. Consuming them is claimed to improve memory and focus, increase creativity, and reduce stress and anxiety. Some studies even conclude that natural nootropics, such as magnesium, zinc and ginkgo biloba, can be effective in managing ADHD.

TRY IT: Nu:tropic snack bars (£9.99 for a taster pack, nutropic.com); HUX nootropic capsules (£36 with subscription, huxhealth.com).

Stack your shrooms

Max out the benefits of medicinal mushrooms using 'shroom stacking', whereby you combine these helpful mushies with other adaptogens and antioxidants to enhance their benefits. Create your own formulas to achieve specific results, such as a 'work stack' combining lion's mane mushroom with caffeine and rhodiola herb for mental clarity and focus, or a 'calm stack' including goji berry and reishi mushroom to ease anxiety and aid sleep. Sweeties Bar at The Standard hotel in London has a menu dedicated to functional cocktails that promise energised minds with no heavy heads.

TRY IT: DIRTEA's Mushroom Cacao Super Blend preformulated stack has organic raw cacao, organic reishi and ashwagandha to detox the liver, combat stress and aid sleep (£39.99, dirteaworld.com).

The super ingredient: Ashwagandha

This nootropic adaptogen has been used in Ayurvedic medicine for centuries, but it's having a moment due to its proven ability to ease a range of woes. A small but growing body of evidence has found it strengthens immunity, enhances brain function, boosts libido, aids sleep, eases menopausal symptoms and more. Find it in a range of products including Nuccy nut butters (from £7.50, nuccy.co.uk), Dimple Armani Miracle Tea (£45, dimple-armani.com), and Holland & Barrett's new Peri- & Menopausal Day and Night Support supplements (£24.99 for 60 capsules), containing the first UK use of the clinically-studied ingredient 'Genopause', which contains ashwagandha. FYI, nootropics affect the brain, while adaptogens affect the body – but many plants can be both nootropic and adaptogenic. Also not to be confused with psychoactive (or magic) mushrooms, although expect to hear more about these in 2023 as results emerge from several ongoing clinical trials of psychedelics in the treatment of depression.

Pilates reaches new heights

It has been an exercise mainstay for decades but 2023 looks set to be a high for this workout, with Pilates going viral on TikTok and rocketing up the Google search rankings as celebrities and Gen Z celebrate the transformational results of this low-impact exercise. This latest revival brings it back to the authentic method (or 'contrology', using the mind to control the body) pioneered by Joseph Pilates. London studio Exhale

(exhalepilateslondon.com), a favourite of Jools Oliver and Harry Styles, champions the classical style and offers the rarely seen 'Tower Pilates', a challenging format that uses spring resistance apparatus to strengthen the whole body, improve posture and leave you feeling energised.

TRY IT: If you can't make the studio, search for Pilates instructor Lottie Murphy on YouTube, or access free online workouts on Pilates Live (pilateslive.co.uk)



**Feel
good
(lose
weight)**

NUTRITIONIST PIPPA CAMPBELL HAS TURNED THE USUAL WEIGHT-LOSS EQUATION ON ITS HEAD. HERE, SHE TELLS BRIGID MOSS HOW TO EAT TO RAISE YOUR ENERGY LEVELS, GET RID OF CRAVINGS, SUPPORT YOUR HORMONES AND IMPROVE YOUR DIGESTION. OH, AND YOU MIGHT LOSE WEIGHT ALONG THE WAY



When I went to see Pippa Campbell four years ago, I wanted to lose weight, so it was a surprise when she barely talked about food at first,' says Puja, aged 43. 'Instead, she spent the consultation asking me about how I felt. It made me realise I had a long list of symptoms: as well as being tired all the time, I had brain fog, low mood, fatigue, bloating, PMS and constipation.'

From these and her other symptoms, Campbell worked out that one reason

Puja wasn't losing weight was not because she was eating too much, but because her body was out of balance; more specifically, her liver wasn't detoxing oestrogen efficiently.

This is the Pippa Campbell Method (PCM). The focus isn't on weight loss, but on how the client feels. If a woman aged 35 or over is putting on weight or finding it hard to lose weight, she is very likely to have other symptoms, too, Campbell says – and these symptoms provide clues about the particular body imbalance that could be stopping her from losing weight.

'In the consultations, I or one of my nutritionists will ask the client about how and when they sleep, their hunger levels and cravings for specific foods, hormonal symptoms such as PMS and periods, energy levels throughout the day, brain fog, mood fluctuations, digestive symptoms and anxiety,' she explains. 'Clients come for weight loss, but I am treating their body imbalances. I am giving health advice disguised as weight-loss advice.'

In Puja's case, it was her inefficient detoxing of used-up, old oestrogen that was stopping new oestrogen doing its job of regulating her metabolism. Excessive oestrogen levels can also lead to the thyroid slowing down, which, in turn, slows your metabolism.

The way of eating that Campbell recommends – sometimes with the addition of supplements – is designed to put the client's body back into balance, and it is at that point that weight loss can happen. 'Often, when people come back to clinic, the first thing they talk about is how energetic or well-slept or positive they feel, rather than emphasising the desire for weight loss they originally came to me with,' says Campbell.

This was certainly the case for Puja. She ended up losing 2st 7lb over 18 months, but talks instead about the wider health benefits she now enjoys. 'I don't get nearly as many PMS symptoms, or as much bloating or constipation as I used to, and I hardly ever feel lethargic any more. I feel so much more positive, too.'

Campbell has studied weight management via the nutritional programme Metabolic Balance, but is also trained in functional nutrition, which involves using food to heal the body, and nutrigenomics, the study of how the genes we inherit affect the way our bodies

'IT'S ABOUT PUTTING YOUR BODY BACK INTO BALANCE'

process and use food. She's now complementing her existing skill set with postgraduate training in naturopathy.

Her MO, which you'll know if you're one of her 46k Instagram followers or have joined her private Female Food Club, is to empower women by explaining a particular body mechanism or interaction that causes symptoms, albeit jazzed up with graphics and reels. That might be insulin and blood sugar; an underactive thyroid; perimenopause; or bile and the gallbladder. 'Once a woman understands how her body works, it makes sense to her to eat well. Then, once she starts to feel more energy, sleep better and have a better mood, she wants to keep eating this way.'

Campbell is a firm believer that, in addition to eating healthily, you need to enjoy your food. 'People are surprised when I order the chocolate pot if I'm out for dinner, but no food is banned on the PCM,' she says. Her website is full of her tried-and-tested recipes, which deliver flavour as well as being nutritious (read on for some examples). 'My job is to help my clients find recipes they love and solutions that fit into their lives.'

Her new book, *Eat Right, Lose Weight*, explains the seven most common issues or body imbalances, which she calls Metabolic Types, and how each of them leads you to hold on to weight in different ways. A quiz helps you work out which of the seven metabolic types is yours, and Campbell offers

advice on rebalancing each one. But even if you don't know your type yet, her '5 Foundations' can transform how you feel.

'From my training and the thousands of women who I have seen in clinic, I know that what we put in our mouths every day has a profound impact on our physiological and emotional wellbeing,' says Campbell. 'Once your body systems are operating as they should, weight loss will happen.' In short, we should think of weight loss as a happy side-effect of being well, rather than as the primary goal in itself.

The 5 Foundations

These are the five changes that Campbell believes can help everyone get their bodies back into balance, whatever their symptoms. She also emphasises the importance of being positive about what you can do, not trying to be perfect, and enjoying your food.

'WHAT WE EAT HAS A PROFOUND IMPACT ON OUR WELLBEING'

The seven metabolic types

1 Digestive type: has symptoms such as bloating, belching, heartburn, constipation or diarrhoea as well as brain fog.

2 Insulin type: constantly hungry and craves sweet foods, has increased fatigue after meals.

3 Cortisol type: tired but wired, feels anxious and/or irritable, doesn't sleep well and gets shaky if they miss a meal.

4 Detox type: has headaches, night sweats, skin problems,

brain fog, fatigue, low mood and bloating or constipation.

5 Thyroid type: feels cold, physically and mentally sluggish, has low mood and thinning hair.

6 Oestrogen type: irritable, low and/or anxious, has PMS, irregular periods, lumpy and tender breasts and can't sleep but feels tired.

7 Serotonin type: craves carbs, feels flat and low and/or angry, is sensitive to stress and pain, and is unable to get deep, restful sleep.

1 Start each meal with two bites of protein

This is the key to appetite control, helping you to feel more satisfied, faster. Protein gives you the building blocks for muscle and promotes hormone health, so make sure you're eating enough. One portion is roughly one of the following: 1 chicken breast or leg; two chicken thighs; 1 fish fillet; 150g (usually half a pack) tofu; 110-150g beef, pork, lamb, turkey or venison; two to three eggs; 120g-150g cooked chickpeas, lentils or beans.

2 Leave four to five hours between meals...

...and finish eating all your food by 7pm. You might have been told that snacking is a good thing, but if you can avoid it, do. If you can't, have a glass of water and a small portion of protein. Every time you eat carbohydrates, your insulin goes up for two to three hours, then when it goes down, you'll be hungry again. Remember that it's normal to be hungry for your next meal! Your schedule might look like this: 7.30-8am: breakfast. 1-1.30pm: lunch. 6.30-7pm: dinner.

3

Drink two litres of water a day

Hydration is key to all the body's processes and most of us don't drink enough water. Aim for two litres – or more if the weather is hot or you've exercised. A good way to start is to put a large glass of water by your bedside and drink it as soon as you wake up.

4

Chew each mouthful (up to) 30 times

I've seen this have such a powerful effect on my clients' digestion. Chewing kick-starts your stomach acid and digestive enzymes and manually breaks down the food so it's easier for the rest of your digestion to extract the nutrients. If you don't chew well, the food will move more slowly through the digestive tract and can start to ferment, which leads to bloating and wind, as well as constipation. Aim for 30 chews, or stop before that if your food has turned to mush.

5

Take the vegetable challenge

When clients first come to me, the vegetables they're most often eating are tomato and avocado at lunch, then spinach and green beans or peas at night. That's why I started my vegetable challenge: every day, try to eat four or more different vegetables (frozen is fine) and then, the next day – and this is key – have four different ones. Eating lots of different plant foods supplies us with varied antioxidants and helps increase the diversity of the bacteria in our microbiome. These bacteria are key in digestion and the immune system, and also affect our metabolisms and weight. Vegetables may never become your favourite part of your plate, but they are the absolute key to health.

Read on for some of Pippa Campbell's delicious and nutritious recipes...

'TRY EATING FOUR DIFFERENT VEGETABLES EVERY DAY'



Breakfast: Pippa's essential smoothie

Serves 1

Blend together one portion of protein powder, a small handful leafy greens, 2tbsp berries or a small pear, 1tbsp chopped nuts or seeds and some milk of your choice.



Lunch: Falafel with spiced slaw

Serves 2

FOR THE FALAFEL

- 60g red onion, roughly chopped
- 400g tin chickpeas, drained and rinsed
- 2 cloves garlic, roughly chopped
- 1tbsp sesame seeds
- 2tbsp coriander, leaves only
- 2tbsp parsley, leaves only
- 1.5tsp cumin
- 2tbsp gram flour
- Salt and pepper
- Extra virgin olive oil

FOR THE SPICED SLAW

- 4tsp extra virgin olive oil
- 2tsp apple cider vinegar
- 2tsp ras el hanout spice mix
- 100g sweetheart cabbage, shredded
- 80g carrot, coarsely grated
- 80g red onion, finely sliced
- 2tsp preserved lemon

skin, finely chopped

- Dried rose petals to garnish, optional

1 Preheat oven to 200°C (180°C fan) mark 6. Tip the falafel ingredients, except the olive oil, into a food processor; blend until finely chopped but not puréed.

2 Divide the mixture into eight and shape into balls. Place on to a lined baking tray and press gently to flatten them. Drizzle each falafel with 1/8tsp oil, then flip over and repeat on the other side. Bake for 15min, then flip over and bake for a further 10-15min or until golden and crisp.

3 While falafel are baking, prepare the slaw. Whisk together the olive oil, apple cider vinegar and ras el hanout. Combine cabbage, carrot, onion and preserved lemon in a mixing bowl and pour over the dressing. Toss to coat the vegetables in the dressing. Serve the falafel with the slaw. Garnish with dried rose petals if desired.



Dinner: Orange and balsamic chicken traybake

Serves 4

FOR THE CHICKEN

- 80g red onion, peeled and cut into 8 wedges
- 80g leek, thickly sliced
- 80g red or yellow pepper, deseeded and chopped
- 80g radishes
- 4 garlic cloves, unpeeled, crushed
- 1 orange: juice 1/2, other 1/2 cut into 4 wedges
- 4 x 120g skin-on chicken thighs
- 100g cherry tomatoes
- 80g Tenderstem broccoli
- 80g courgette, sliced

FOR THE BALSAMIC DRESSING

- 2tbsp balsamic vinegar
- 2tbsp extra virgin olive oil
- Juice 1/2 orange
- 1/2tsp flaked sea salt

1 Preheat oven to 190°C (170°C fan) mark 5. Tip

onion, leek, pepper, radish, garlic and orange wedges into a deep roasting tray.

2 Whisk together the dressing ingredients and pour 3tbsp over the vegetables, tossing to evenly coat. Season the chicken with salt and pepper and rub into the skin. Nestle the chicken in between the vegetables and pour the remaining dressing over the skin.

3 Roast for 30min, turning the tray and basting halfway through. Add the tomatoes, Tenderstem broccoli and courgette to the tray; give everything a good shake to make sure nothing is sticking. Cook for a further 15min or until the chicken is golden and cooked through.

NB You can swap the chicken for four fish fillets, or 300g drained, tinned beans or chickpeas. Add to the tray with the tomatoes and broccoli and baste with dressing from the pan, then cook as above.



Eat Right, Lose Weight: Your Individual Blueprint For Long-term Weight Loss And Better Health (Lagom) by Pippa Campbell is out now. pippacampbellhealth.com. Instagram: @pippacampbell_health



All the feels

DR EMMA HEPBURN HAS BECOME KNOWN FOR TRANSFORMING COMPLEX PSYCHOLOGY INTO SIMPLE LESSONS. SHE TELLS GEORGIA GREEN HOW TO USE YOUR EMOTIONS TO YOUR ADVANTAGE

We all experience a range of emotions through the course of our lives – in fact, they can vary by the hour or minute. Riding this emotional rollercoaster is ultimately what makes us human.

But, understandably, we don't all experience, understand and process these emotions in the same way. So, psychologist Dr Emma Hepburn believes getting to grips with our feelings could unlock the secret to a happier, more fulfilled life.

Also known as @thepsychologymum on Instagram (with 136k followers and counting), Dr Hepburn creates distinctive drawings that may be familiar to you. Her fun doodles, often featuring a cartoon brain called Brian, can help us all understand ourselves a little better.



Having worked as a clinical psychologist in the NHS for more than 20 years, Dr Hepburn is well placed to break down the complexity of human

emotion into something simple and actionable. While her bestselling book, *A Toolkit For Happiness*, helped readers embrace more joyous lives, her new book, *A Toolkit For Your Emotions*, gets right under the skin of every emotion to outline how we can overcome the negative and harness the positive.

'We often think we should or shouldn't have certain emotions, but how we respond to them at a basic level is at the heart of mental health,' she says.

So, what are emotions and why do we have them? Essentially, they help us make sense of the world around us; they direct us towards nice things, and steer us away from unpleasantness; they help us communicate, connect and make decisions. And while we might strive for niceness all the time, we know that feelgood emotions couldn't exist without the not-so-nice ones. 'With no comparison, it's hard to recognise feeling good,' Dr Hepburn says.

Once you truly understand emotions, you can use them to your benefit. Here, Dr Hepburn teaches us how to strap a pair of reins on our feelgood emotions to bring more of them into our lives – plus how to turn negative emotions into opportunities.

JOY

Whether it's dancing with your closest friends or lying on a sun-drenched beach, joy, unsurprisingly, has a positive impact on health and wellbeing. It can even make you do good; research suggests you become more compassionate, open-minded and understanding when joyful. It can also be elusive – the brain can pass quickly over things that bring us joy, shifting to the next thing or becoming distracted by the negative.

We often use joy as a reward for completing something – such as getting to the end of a long to-do list – but it is crucial all the time. I recommend sprinkling 'joy confetti' liberally throughout each day. There are three types of joy confetti. 'Creation confetti' is about actively carving out small pockets of joy in daily life – like a walk outside or a tea break with colleagues. Importantly, these moments aren't earned, and you certainly don't wait for them to happen.

Doing this also taps into another positive emotion: anticipation. We love to look forward to things, even if it's just sitting down to watch an episode of your favourite show. Anticipation activates the reward system of your brain even more than doing the thing itself.

Conjuring feelings of anticipation on a daily basis through small, inconsequential activities can be a powerful source of joy – precisely because it's low-pressure. If your friend doesn't pick up the phone for a chat, it's not a big deal; whereas if you don't enjoy your holiday you've spent thousands of pounds on, that can create feelings of guilt and shame.

There's also 'appreciation confetti', which is about taking time to think about the joys you've experienced, which helps to extend and consolidate them in your memory. Consider what brought you joy today – what did you do well, what experiences lit you up? Write it down, tell someone about it, reminisce – this expands the emotion.

Lastly, there's 'seeking confetti', which is about noticing what creates joy around you. What flowers are blooming outside your house? What funny antics are your pets up to today? Notice this, take photos and cast it into memory to create further handfuls of joy confetti.

AWE

This is about widening your perspective. It can apply to the largeness of the universe or the smallness of a beautiful flower. Awe can take you outside of your mind and make you see things from a wider viewpoint. There's fascinating research that indicates shifting your visual focus outwards into this panoramic mode reduces the physiological stress response.

You can find awe in many places, from watching powerful speeches online to noticing the shapes of the leaves falling from trees. A lovely (and well-evidenced) way to invite more awe into your daily life is to go on an 'awe walk', either by yourself or with other people, with the sole intention of finding and appreciating things you find amazing. Nature frequently inspires feelings of awe, but it could also mean appreciating the architecture of a building or people watching.

PRIDE

This emotion gets a bad rap. Often, it's associated with arrogance or feeling superior to other people, which means our pride tends to get hidden as we mask our achievements and gloss over our successes. It's an especially complex emotion for women, as we're very good at putting ourselves down. However, pride is a positive emotion that we should encourage more of in our lives.

Make friends with your pride by having a 'stop-and-think life audit' every few months: list everything you've done recently that you're proud of. This could be simply getting through a tough day, or carrying on after stumbling in a presentation at work.

Pride is the opposite of shame, and we can use it to shift the situations that made us feel bad by seeing them through a new lens; 'I shouldn't be feeling this way' becomes 'I managed to get through the day despite feeling terrible.' We need to feel pride not just for the good stuff, but also for overcoming challenges.

What to do with negative emotions...

We can't help what emotions come up – they're just our body and brain responding to whatever's going on in the world. Seemingly negative emotions such as anger, sadness and anxiety, are just as essential and beneficial to us as positive emotions. Sadness can be an indicator that something is wrong, that you need to do something differently or that you need to stop and rest; anxiety is effectively our energy getting ready to tackle something in order to survive. We just need to learn how to respond helpfully to these feelings.

Firstly, recognise negative emotions are a part of normal life and allow them space. For example, if you're feeling anger, break it down. It could be disappointment from being let down by someone, or that someone went against your values – it could even be jealousy. Breaking down the language helps you know what to do with it, whether that's raising an issue at work or taking part in a climate change protest.

When joy is a mask

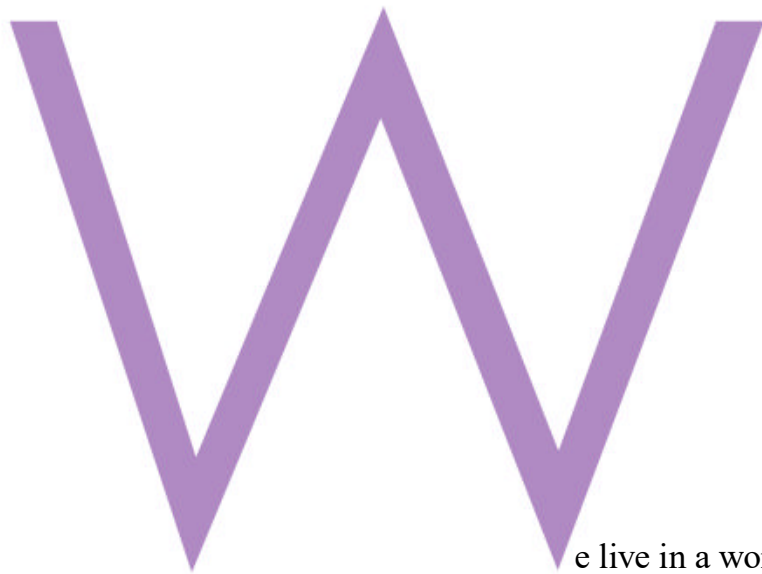
While it's great to invite feelgood emotions into your life, it's important to be able to recognise when you're using them to mask negative ones. For example, exercise and socialising are often recommended as ways to feel better, but if you are using these as crutches to avoid experiencing emotions such as sadness, anxiety or anger, that's not going to benefit you in the long run. Allow yourself to sit with uncomfortable emotions. If we use joy as a form of avoidance, it will ultimately be engulfed by other emotions.

*A Toolkit For Your Emotions: 45 Ways To Feel Better (Greenfinch)
by Dr Emma Hepburn is out 5th January*

Mental health: where are we now?



AS A SOCIETY, WE'RE TALKING ABOUT
MENTAL ILL HEALTH MORE THAN
EVER — BUT ARE WE ONLY SCRATCHING THE
SURFACE? ARIELLE TCHIPROUT ASKS IF
THE STIGMA IS REALLY BEHIND US, AND
UNVEILS A NEW *RED* CAMPAIGN FOR 2023



We live in a world that is far more open about mental health than ever before. We're encouraged to talk about our feelings more, and prioritise self-care – whether that's taking a yoga class, or practising mindfulness – and we know that seeking therapy or extra help is progressive, not shameful.

According to Julie Cameron, an associate director at the Mental Health Foundation charity, research suggests we've taken strides forward in how open and understanding people are about mild to moderate mental health conditions (such as anxiety and depression). She cites a recent Scottish study in which 79% of respondents said they would have the confidence to talk about their own mental health today, but only 23% would have said the same 20 years ago. Yet while many workplaces now have mental health first aiders, and the Department of Health has recognised mental health as a key concern, Cameron says we still have some way to go before we can say the taboo is behind us.

'It's great that we've moved a lever in terms of people being more open about having anxiety or accessing therapy, but the stigma for long-term and enduring mental health conditions doesn't seem to have moved on at all,' she says.

Cameron mentions a piece of Scottish research, which surveyed those with complex and enduring long-term mental health conditions, such as personality disorders, schizophrenia and bipolar disorder. The study found that 75% of respondents had not revealed the severity of their mental illness to healthcare professionals and 93% had stopped themselves getting close to people, to avoid rejection.

Evidently, for those among us who struggle with severe mental health conditions, the world still doesn't feel like such an accepting, welcoming place. But why?

'Longer-term conditions are messy; this is people dealing with really tough stuff,' says Cameron. 'Often the world can seem to favour a view of mental health in which people are well or make a full recovery.'

Indeed, the language we use surrounding mental health is still lagging behind. We'll say we have Post-Traumatic Stress Disorder (PTSD) from minor inconveniences, or Obsessive Compulsive Disorder (OCD) because we like a tidy house. In many cases, we don't recognise how serious and life-altering these conditions can be. Or perhaps we make light of them because they're so tricky to confront.

We're often told we should think of mental health in the same way we think of physical health – that suffering from depression is the same as having a broken arm. But this comparison actually minimises the nuance of mental health, not least because the solution isn't as simple as using a brace or having surgery.

'Treating complex mental health issues requires a multi-pronged approach, and frequently stems from a range of challenging circumstances,' says Cameron. 'You're twice as likely to be diagnosed if you live in an area of deprivation, while childhood trauma has a huge impact on developing a long-term and enduring mental health problem. And if someone is lonely, the likelihood of recovering is much less.'

According to the Mental Health Foundation, one in four adults will experience a mental health problem of some kind each year in England – which, says Cameron, has remained consistent for several years. She points out that more young people are asking for help than ever before

– in 2021, a record 210,000 students sought help for their mental health.

In addition to this, many mental health services have reported that people are coming in with more severe, complex issues than previously seen. 'During the pandemic, people were reluctant to access the NHS for physical healthcare unless it was a real

emergency, so people have been diagnosed with health conditions at a later stage,' says Cameron. 'We imagine the same applied to those with mental health issues, too.'

It was estimated last summer that the number of people waiting for community mental health care had risen to 1.2m. No doubt, this has contributed to the latest devastating suicide figures. In 2021, the number of suicides recorded in England and Wales increased by 6.9% from 2020.

'MORE YOUNG PEOPLE ARE ASKING FOR HELP THAN EVER'

So, where do we go from here? In practical terms, Cameron believes we need a more joined-up approach to healthcare, which views mental and physical health, as well as social care, as part of the same continuum.

‘It’s not just about providing services at the point of need, but also about networks and community services that help people live well and prevent poor mental health in the first place,’ Cameron says. But physical, practical support for those who struggle is only one part of the equation when it comes to busting the stigma surrounding mental health. We can all contribute to the changing tide by opening up more about the messier, more delicate parts of mental health, rather than keeping them hidden in the shadows. Like how it feels to fall in love while you have borderline personality disorder. Or what it’s like to experience psychosis. Or acknowledging what OCD really means. Every time we admit, learn about and empathise with these challenging conversations, we can dismantle the stigma, piece by piece.

Which is why we are initiating a year-long series dedicated to lifting the lid on complex mental health conditions, in partnership with the Mental Health Foundation. Each month, we will share a personal story, or advice from experts, to shine a light on what it’s really like living with, and loving people with, complex mental health conditions. After all, this isn’t just a tiny proportion of the population – all our lives have been, or will be, touched by mental ill-health at some point.

To kick off our series, we wanted to go back to basics: how to access support when you need it most.

When you are feeling down...

Words: Bryony Gooch

If you’re struggling with your mental health, it’s likely that the usual happiness hacks aren’t going to cut it. Here’s how to go about accessing support, for yourself or a loved one.

We’re often told ‘it’s okay not to be okay’, and, says Julie Cameron, ‘It’s important to recognise the ups and downs of the human existence.’

But how do you know when what you’re feeling is more than just everyday stress, or a natural response to chaotic circumstances, and does, in fact, require medical assistance?

There isn’t one single way to know, but clinical psychologist Dr Annie Hickox (dranniehickox.co.uk)

‘WE NEED TO RECOGNISE THE MESSIER PARTS OF MENTAL HEALTH’

has a general rule of thumb: ‘When feeling down becomes persistent and starts to disrupt day-to-day life, that’s when you should think about getting support.’

According to Dr Hickox, the phrase ‘I’m not up to it’ is pervasive in mental illness, although it manifests in different ways. You might think ‘I can’t be bothered’ or that you are a burden to others. If your normal day-to-day activities are disrupted in any way – whether that’s struggling to sleep, changing your eating habits, or you’ve stopped doing things you enjoy – this could suggest an underlying problem.

Undoubtedly, mental health is incredibly complex. ‘It’s so different for every individual,’ says Cameron. While certain symptoms might alert you to the realisation that something is wrong, the only way to determine for sure is to reach out.

Confide in a loved one

‘I’d hope that everyone has someone they can say “I am feeling rubbish” to,’ advises Cameron. ‘Try saying it aloud to someone else and see where it leaves you. Perhaps you just need an outlet to talk every now and again – it can make a big difference just being supported by someone else.’ But, says Cameron, if you don’t think it’s helping, or you don’t have that person, the next step would be to talk to a doctor.

See your GP

Many people still think of GPs as physical health specialists – but up to 40% of GP appointments concern mental health. Your GP should have an awareness of all the potential treatments that might help you if you need support, clinical and otherwise.

They might not treat you immediately, instead asking you to monitor your symptoms before coming back; this is called ‘watchful waiting’ where they want to see if how you’re feeling changes.

‘For example, they might be able to identify that it’s not clinical depression, but that you’re lonely,’ says Cameron. ‘They can help you connect to social clubs in your community. There are non-clinical treatments that can benefit you.’

It is wholly possible, however, that you could require clinical attention; GPs can not only prescribe anti-depressant or anti-anxiety medication to treat symptoms, but can refer you to talking therapies and specialist help.

Seek specialist services

The primary referral path for talking therapies in the NHS is via Improving Access to Psychological Therapies (IAPT). Your GP can refer you to your local IAPT services, but you can also refer yourself through the 'Find an NHS psychological therapies service (IAPT)' portal online, which pinpoints local services in relation to the GP with whom you're registered.

IAPT services usually offer cognitive behavioural therapy (CBT), counselling and other forms of guided self-help. They can treat a range of mental health conditions from depression and anxiety to more complex disorders such as PTSD and body dysmorphia.

For more specialist support, your GP can refer you to the community mental health team. They are a multi-disciplinary group of psychiatrists, psychologists, mental health nurses and social workers in your area with experience of treating complex mental health conditions. They can refer you for assessment and diagnosis, or inpatient services for monitoring and treatment.



Struggling to navigate the system?

When dealing with NHS services, the assumption is that you get what you're given. This doesn't have to be the case. You have the right to request access to certain services. For example, if you feel you have a complex mental health disorder and that you would benefit from a diagnosis, you can ask to see a psychiatrist.

'Right to choose' is a legal right to choose a service or hospital you'd like your GP to send you to, should they need to refer you. You should be given a choice of services or hospitals available to you. This can include private hospitals that are qualified to provide NHS services.

Though it is true that GPs are often viewed as the gateway to accessing mental health services, if you feel your GP isn't listening to you, you're within your rights to see a different GP in order to get a second opinion. It's also possible to change your GP surgery if you feel your current practice isn't taking you seriously, so long as other local practices aren't at full capacity. You can also request appointments with specific GPs within your practice or ask to speak to a female GP if it makes you feel more comfortable.

If you feel intimidated by doctors and professionals, another option is seeking out an advocate. An advocate's role is to listen to your point of view and help you put it forward in order to get the services you need. They can attend appointments with you or help you write letters. There are charities across the UK with trained advocates who can help you understand your options, but even a supportive relative can fill the role and help you in this way.

Utilise charity and third-party support

You don't need to be suicidal in order to ring the Samaritans. You can contact them in relation to any emotional stresses. Call on 116 123 or visit [samaritans.org](https://www.samaritans.org).

Rethink offers a range of services, with local support groups all over the UK and an informative advice line to help you understand your rights when navigating support. It also has a directory of advocacy services. Visit [Rethink.org](https://www.rethink.org).

Mind has branches across the UK that offer advice and support to those seeking mental health help. Visit [mind.org.uk](https://www.mind.org.uk).

• For more tips and advice from the Mental Health Foundation, go to [mentalhealth.org.uk](https://www.mentalhealth.org.uk)



Mood-boosting moves

WHAT DO WE REALLY WANT FROM EXERCISE NOWADAYS? HIGH ENERGY, POSITIVITY AND FEELING STRONGER AND MORE EMPOWERED THAN BEFORE. THE *RED* TEAM SHARE THEIR FAVOURITE PERSONAL TRAINERS AND PLATFORMS THAT DELIVER EXACTLY THAT



HANNAH BARRETT

Who: Hannah is a yoga teacher with happiness at the core of everything

she does – so much so that her book is called *Yoga Happy* – and her aim is to help people find joy on the mat. She has a particular interest in how yoga can transform the way you feel during pregnancy and post-partum.

Health and wellbeing editor

Arielle Tchiprout says: ‘I’d describe myself as “bad” at yoga, but that doesn’t stop me from trying. When I went to one of Hannah’s live yoga classes, she reassured me that I was doing great, while also pushing me to challenge myself more. Since then, I regularly visit her YouTube channel to improve my flexibility and strength, and I always come off the mat feeling more centred, calm and appreciative of what my body can do.’

Where: Find Hannah on Instagram at @hannahbarrettyoga, download her app, Yoga Happy (subscriptions start from £19.99 a month) or try her free YouTube videos, including *Happiness Flow*. Visit hannahbarrettyoga.com.



MAEVE MADDEN

Who: Founder of the Queens community, Maeve Madden is a

former professional dancer on a mission to help women improve their health, grow their confidence and find themselves a new love of fitness.

Deputy digital editor Ciara

McGinley says: ‘Maeve’s upbeat energy and balanced attitude to fitness is so refreshing. Her Instagram workouts are perfect if you’re short

on time but want to get a sweat on from the comfort of your own home – best of all, they really are suitable for all levels, as she always offers beginner and advanced movements, and she has an excellent playlist, too. I started doing these workouts in 2020 – they got me through the period of gym closures – and I haven’t looked back since.’

Where: Find workouts on Maeve’s Instagram at @maeve_madden or sign up for a one-month subscription, costing £17.99. Visit shop.maevemadden.com.



STRONGHER

Who: The weights room in a gym can be an intimidating place, which is why founders

Tig and Sam opened StrongHer, London’s first strictly women-only strength and conditioning space.

Acting beauty editor Rosie

Fitzmaurice says: ‘It’s all about getting seriously strong, being fearless and leaving every class feeling empowered. Plus, I love their honest and always hilariously funny reels. Worth the follow for that alone!’

Where: The StrongHer gym is based in Bethnal Green – membership costs from £99 a month. You can also join one of its virtual programmes, from £10. Follow on Instagram at @strongherwomen or find out more at strongher.co.uk.



SHONA VERTUE

Who: Creator of the Vertue Method, Shona is a personal trainer and yoga teacher with more

than 400k followers on Instagram (@shona_vertue). With clients including

David Beckham, Vertue's philosophy is about strength and enjoyment rather than focusing on aesthetic goals.

Contributing writer Chloe Gray

says: 'I always turn to Shona Vertue when I want movement that will make my body and brain feel better. I love that all of her sessions are rooted in science – she explains the importance of the exercises for reasons outside of aesthetics and blends beneficial practices to help you get the best from each session, such as incorporating meditation into HIIT classes so you don't leave feeling jittery, and combining yoga and strength training to reduce aches and pains. That makes her sound very serious, but she's also hilarious and relatable, so I always finish up feeling in control, relaxed and happier.'

Where: Watch her free YouTube videos or become a member of the 'Vertue Crew', from £59.95 for a 12-week programme. Find out more at vertuemethod.com.



LES MILLS

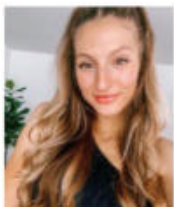
Who: This huge global brand has something of a cult following, thanks to its

beautifully choreographed classes, carefully-curated playlists and energising instructors.

Deputy features editor Ella

Dove says: 'I've long been a fan of the Les Mills BODYBALANCE classes, with their revitalising and relaxing mix of yoga, Pilates and Tai Chi and atmospheric, perfectly chosen music. I even listen to the beautiful soundtracks while I'm working! My absolute favourite way to unwind on a weekday evening is to lay out my yoga mat, turn off all the lights, light every single candle I own and enjoy a candlelit BODYBALANCE class from my living room. There's no feeling more Zen than that.'

Where: Sign up to Les Mills+, from £9.99 a month, or find BODYBALANCE classes in gyms near you at lesmills.com/find-a-class.



MADDIE LYMBURNER

Who: Also known as MadFit, she's one of the biggest fitness trainers

on YouTube, with more than 7m followers. She's best known for her short and snappy workout vids that are perfect for beginners.

Health and wellbeing editor

Arielle Tchiprout says: 'I first discovered MadFit when I wanted to start strength-training but felt too intimidated to go to the gym, so I bought my own set of dumbbells. From the first video I tried – a 10-minute dumbbell workout for back and biceps – I was hooked. I love how simple and easy-to-follow the sessions are, and Maddie has such a lovely, calming energy that it made something I previously thought was terrifying into something totally manageable – and, most of all, fun. It's so easy to squeeze the short videos into my day and I stack a few of them together if I want a longer workout. Now, I choose from hundreds of MadFit videos, so working out is never boring – not least because Maddie also creates dance sessions to music from the likes of Taylor Swift and Harry Styles. Endorphin-inducing to the max.'

Where: Find hundreds of MadFit videos on her YouTube account, or sign up to her platform for around £17 a month. Visit maddielymburner.co.



TRIYOGA

Who: Founded in 2000, Triyoga prides itself on being one of London's top destinations for yoga

and Pilates, creating beautiful spaces away from the bustle of city life, where everyone can belong.

Acting digital editor Zlata

Rodionova says: 'I usually prefer a very fast-paced workout at the gym to something focused on mobility like

Pilates, but I make an exception for the Hot Yoga class at Triyoga studios.

The pace of the poses always keeps me engaged and the studio is heated to just the right temperature – the kind that warms your body and makes you sweat rather than a 'blowing heat'.

The result? Each class leaves me wonderfully relaxed and feeling like I really put in some effort. Plus, each studio has a coffee shop with delicious snacks!

Where: Triyoga has outposts all over London, including Camden, Shoreditch and Ealing. You can buy a seven-day, seven-class pass for £35. You can also sign up for online classes and live streams for £95 a month. Visit triyoga.co.uk.



JILLIAN MICHAELS

Who: This LA-based personal trainer is no newbie in the fitness

world – she boasts a whopping 1.4m followers on Instagram (@jillianmichaels), and has been loved for her signature motivational, uplifting teaching style for decades.

Editor Sarah Tomczak says:

'I know she has tons of new content, but her *30-day Shred* DVD, released in 2007, is something I always return to for a succinct full-body workout that feels challenging but accessible. In the past, I've done the 30-day challenge (three different workouts over the 30 days, of increasing difficulty), but I often pick one of the 20-minute workouts to do a few times a week. I love her attitude and quite like the fact that I now know what she's going to say before she's even said it!'

Where: Find plenty of new Michaels workouts via her app, The Fitness App, for around £12.50 a month. Visit jillianmichaels.com.

'I FINISH EVERY CLASS FEELING IN CONTROL, RELAXED AND HAPPIER.'

Meet your bodyguards



YES, WE ALL HAVE THEM – THE CELLS, ORGANS AND ORGAN SYSTEMS THAT ARE WORKING HARD AROUND THE CLOCK TO PROTECT US FROM EXTERNAL THREATS. HERE'S EVERYTHING YOU NEED TO KNOW ABOUT YOUR BODY'S IMMUNE SYSTEM

How your body builds and maintains its safety operation is impressive – and impressively complicated. ‘The immune system makes it sound as if it’s one thing, but it’s more like a collection of various components that work together,’ explains Dr Jenna Macciochi, immunologist and author of *Your Blueprint For Strong Immunity*. That includes organs such as the skin, lymph nodes and bone marrow, as well as cells and tissue.

Essentially, it’s everywhere. ‘You’ll find immune cells in every part of the body, be that the brain, the gut, the blood or the skin, but they cluster in the places where you’re more likely to find germs,’ adds Dr Macciochi. Places such as the airways, which might be exposed to respiratory germs, and the gut, which is exposed to germs via food and drink and contains 70% of the immune system.

How does it work?

‘The first line of defence is the innate immune system,’ says Dr Macciochi. ‘If the cells that line these areas detect a pattern of

germs, they activate a non-specific inflammation to try to make a hostile environment to stop the germ from taking hold.’ Think: heat, pain, redness and swelling.

If this isn’t enough to clear the infection after a few days, your body shifts to something called the adaptive immune response. ‘This is made up of white blood cells called T cells [T lymphocytes, which produce cytokines – proteins that trigger inflammation] and B cells [B lymphocytes, which produce antibodies],’ adds Dr Macciochi. ‘The response is unique to that infection. The T and B cells clone themselves to produce an “army” of these specific cells before leaving a small population of “memory cells” that stay in your body to produce a fast response if you were to encounter the same virus again.’

For some viruses, such as chickenpox, these memory cells protect you for life. But for Covid-19, immunity only lasts a few months.

Why might one person get ill, while another who came into contact with them is fine?

For starters, we’re all immunologically diverse. This is important, since we’d have been wiped out as a species by now if we weren’t. This is partly down to genetics – it’s estimated that around 20-30% of your immune system is inherited from your parents.

As for the rest? Dr Macciochi struggles to fit all the things that influence your immune system into one lecture slide. ‘It’s everything from how good your gut health is to how many infections you’ve been exposed to; your diet, sleep and exercise and how much adipose tissue, or fat, sits around your middle,’ she says.

This lack of understanding of how each of our immune responses will react to the same virus is part of why social distancing was critical during the pandemic. However, Dr E John Wherry, director of the Institute for Immunology at the University of Pennsylvania, predicts that, within a decade or so, we could get to the point where your GP can give you an immune score, just like you’d get a blood pressure reading.

Can you really ‘boost’ your immunity?

Scientifically, no. While there’s some evidence that your requirement for vitamin C goes up when you’re fighting an infection, Dr Macciochi points out that it’s easy to get from a balanced diet, so you shouldn’t need to supplement it further. In fact, taking a reactive approach (read: chugging a litre of orange juice at the first sign of a cold) is the opposite of how you should be thinking about immunity.

‘We need to avoid thinking about immunity as something you can switch on or boost,’ she explains. ‘It’s designed to damage the germs that are trying to infect you, so by virtue of that, it causes some collateral damage to your own tissue.’

Interestingly, doctors suspect an over-exuberant immune response – known as cytokine storm – could explain persistent inflammation in multiple organs, including the lungs, long after exposure to Covid-19. As for what you can do to keep your immune system in fine fettle? It’s the stuff you already know: good nutrition, a decent stretch of shut-eye each night and keeping your stress levels in check.

‘There’s nothing you can do that can make you invincible,’ cautions Dr Macciochi. ‘But a consistently good approach to diet and lifestyle will mean your immune system will work at its best.’ So put down the orange juice and read on for the lifestyle shifts worth making...

THE BODYGUARD BASICS

Try to get at least seven hours of sleep most nights

This might be the most important factor in strengthening your immune system. ‘The best data we have about how to improve immunity is on getting the right amount of good sleep,’ says Dr Wherry. People who got six hours or less each night for one week were about four times more likely to catch a cold when exposed to a virus compared with those who got more than seven hours of kip, according to a study in the journal *Sleep*. ‘Everything you do when you’re awake – eating, digesting, working, walking, exercising – prompts your body to release

inflammatory cells,’ adds Dr Rita Kachru, immunologist at UCLA. ‘Sleep gives your body a break from all of that.’ Don’t get hung up on one bad night, though; focusing on long-term good habits is what’s key.

Sharpen your stress reaction

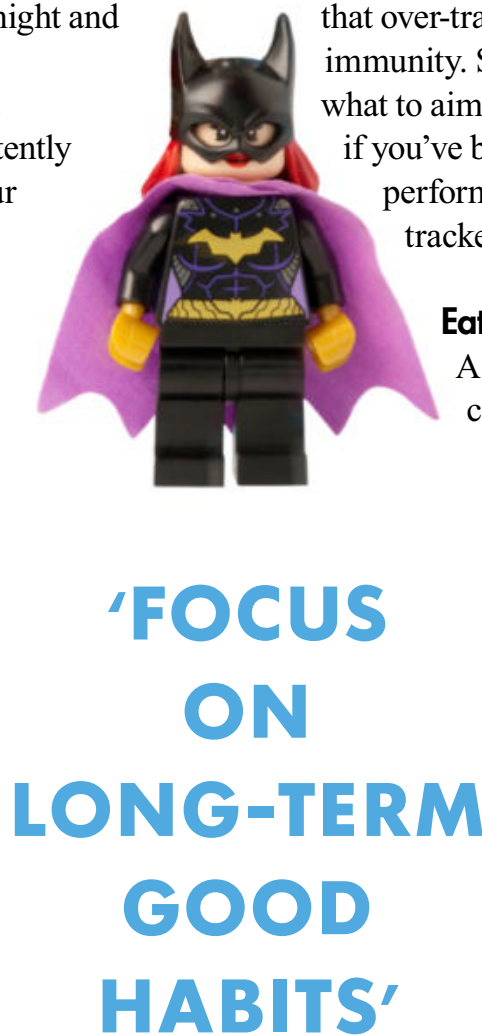
It’s well established that stress prompts the release of the fight-or-flight hormone cortisol. When levels are high, your immune system isn’t as active, since your body focuses its resources on, well, fighting or fleeing. Instead of attempting to live stress-free (you’re human, after all), refining the way you cope may mitigate that cortisol response. One of the most useful ways to keep stress in check is to stay in the present moment, says clinical psychologist Beatrice Tauber Prior. ‘Rather than go down a rabbit hole of all the terrible things that can go wrong – like, what if someone I love gets sick? – I name what’s true right now: in this moment, my family and friends are healthy,’ she says. In other words, take control of your thoughts rather than allowing your mind to send you into an anxious tailspin.

Exercise smarter

Working out creates inflammation in the body, but it’s the good kind, says Dr Wherry. ‘It’s counterintuitive, because exercise disrupts your body’s homeostasis,’ he says, referring to your body’s normal state of play. But when your sweat session is finished, your body goes back to its status quo – keeping your immune system on its toes. People who exercise regularly may develop more or healthier T cells than their sedentary peers, a study in the journal *Aging Cell* found. It also helps modulate cortisol, which, when raised for long periods, can lead to harmful levels of inflammation. Fair warning: some experts believe that over-training can have the opposite effect and hinder immunity. So moderate exercise on a consistent basis is what to aim for. You know your body best, so you’ll know if you’ve been pushing yourself too hard (injuries, poor performance and days-long fatigue are clues). Activity trackers can help, too.

Eat well

A pro-immunity eating plan goes beyond citrus, blueberries and ginger shots. Rather than focusing on so-called superfoods, the better play is to shoot for a diverse and colourful amount of produce, says Dr Macciochi. ‘If your diet is diverse, you’ll be getting a lot of phytonutrients (compounds found in plants), which help protect cells, tissues and organs over a lifetime.’ Plus, we’ve said it before, and we’ll say it again: fibre. ‘The gut microbiome is key for regulating the immune system, so it’s thinking about getting a diversity of fibre – not just fruit and veg, but legumes, beans and pulses, nuts, seeds and whole grains.’ Aim for the recommended 30g a day from a variety of sources. Taste the rainbow, as they say.





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The new Country Living Collection of premium bed frames at Dreams brings traditional style and supreme comfort to every bedroom.

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See the full *Country Living* Collection at dreams.co.uk/country-living

COUNTRY LIVING | **Dreams**

SELF



LSW LONDON A5 BULLET JOURNALS, £11.99 each, unfabled.co

ON THE RIGHT TRACK

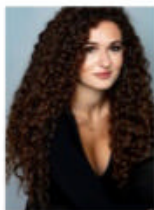
Here's a quick journalling trick for 2023: create a monthly 'good habit tracker'. Write the days of the month horizontally, and then, vertically, record the good habits you want to do more of. For me, that's yoga, working out, reading and walking. Yours could be anything you like: meditation, breathwork, having a bath. Every day throughout the month, go through your table and cross off the ones you do. We often think we should only write to-do lists for chores and tasks, but ticking off self-care can be even more satisfying. It also serves as a potent reminder to make healthy habits a priority.

CLASSIC ROLLERBALL PEN, £12, papier.com



ÉLÉGANCE MÉRIBEL SKI SUIT, £445, mysundayski.co.uk

THE WELLNESS INFLUENCER



HEALTH & WELLBEING EDITOR ARIELLE TCHIPROUT SHARES HER BEST ADVICE AND NEW DISCOVERIES



FOOD AS MEDICINE

Want to make mealtimes healthier and easier? Meal subscription service FoodHak could be the answer. Combining the latest clinical research with Ayurvedic teachings, the delicious ready-to-eat plant-based meals, including spirulina Thai green curry (above) and mung mushroom bolognese, are suitable for a variety of health concerns, from blood pressure to cognitive function issues. Customers can now visit the London Marble Arch branch of Holland & Barrett for a diagnostic blood test, the results of which are used to create bespoke meals delivered to their door. FoodHak aims to expand the service, so stay tuned. From £6.25 per serving, foodhak.com.



AWAKEN YOUR SENSES

If you've ever tried sound healing, you'll know how meditative it can be, and scent is another powerful wellness tool. So why not combine the two? Sound-healing meditation app Opo, which uses neuro-sonic soundscapes to support mental, physical and emotional health, has teamed up with beauty brand de Mamiel to create a truly immersive experience. The de Mamiel x Opo soundscapes, available at opo.world/connect/demamiel/rituals, are designed to be listened to while

soaking in de Mamiel's Soothe Bath Soak, which is infused with sweet orange, sandalwood and neroli. Relax and feel your worries wash away...



SOOTHE BATH SOAK, £60, de Mamiel

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ESCAPES

Edited
by
Sarah Tomczak



Happiness is...

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with a side of

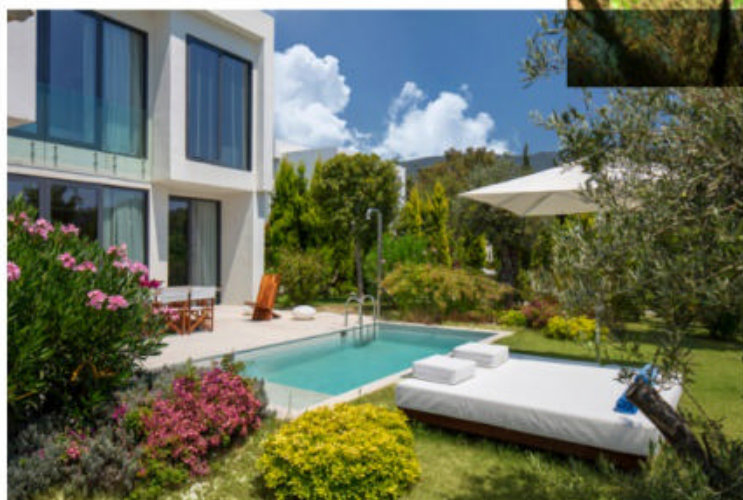
SUNSHINE

RELAX. RESTORE. REJUVENATE. WE ALL KNOW THE
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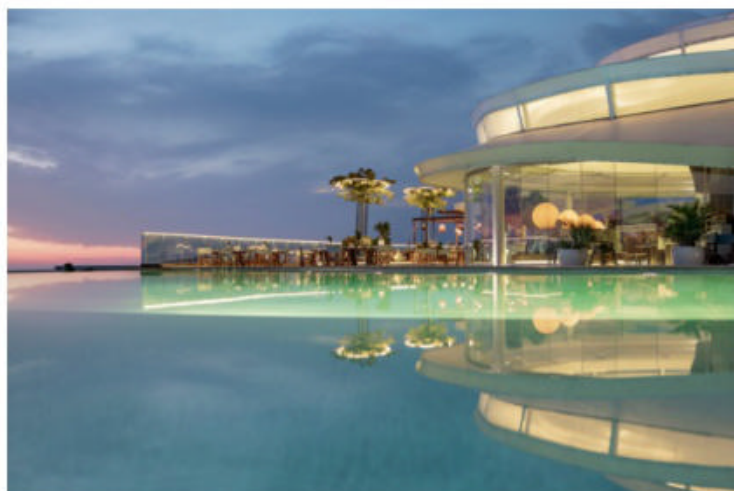
SUSONA BODRUM, TURKEY



A tranquil spa, airy rooms and locally sourced food are the highlights at this serene resort on Turkey's beautiful Turquoise Coast



Bev enjoyed sea views from her balcony, as well as a restorative treatment at the Turkish bath, with its striking marble interior



I've never been to Turkey before and although a few days' total rejuvenation is a priority, I'm also hoping to feel I've experienced a little of the local culture. Thankfully, this seems perfectly possible at Susona Bodrum, where a true sense of Turkey is as important as relaxation and laid-back luxury. The resort is nestled on the small Torba peninsula, and its architecture is inspired by its surroundings. The architectural concept is based on a water droplet – the main buildings are at the centre and the rooms and villas spiral out and cascade down into the gardens of olive, lemon and pomegranate trees. No building is more than two storeys high, which gives a sense of space and showcases the surrounding nature – you can see the sea and sky from pretty much anywhere.

The rooms and villas are decorated in simple whites and pale wood with breezy linen curtains and natural stone bathrooms, giving a feeling of airy calm and setting the stage for the true focal point: floor-to-ceiling views of the sparkling blue Aegean. A local Turkish brand supplies the lovely bathroom products, which contain zingy mandarin oil and smell divine. My King Premium room has a large balcony, on which I spend a fair amount of time, often indulging in the delicious treats that appear every time I return there: glossy little olives, chocolate-dipped figs and mini baklava.

Turkish food is healthy by nature – grilled fish and meat, salads and lots of vegetables – and this is an integral part of the Susona experience. There are several restaurant options here, among them the sushi and raw bar Nama; Frankie Beach Club, which serves a vegan 'power lunch' that's a Turkish take on poké bowls; and Ezi, which offers the most delicious organic garden-to-table breakfasts by the infinity pool. I alternate between the walnut bread with whipped cheese and honeycomb and the traditional breakfast of olives, cucumber, hummus, tomatoes that actually taste of tomato and little spinach pastries. Sustainability, seasonality and supporting local farmers is a focus throughout: ingredients are sourced from the Aegean area or grown in the gardens.

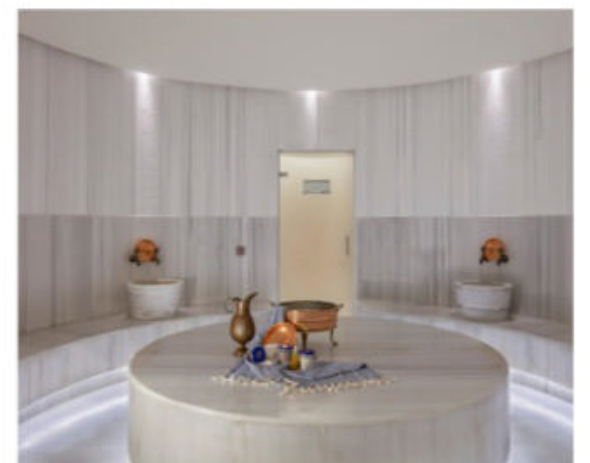
Malva, with its relaxed, boho vibe, is the place to dine in the evenings. My idea of heaven is sitting on its beautiful terrace overlooking the sea – glowing lanterns hanging from the pergola – while I sip divine Turkish-influenced cocktails and feast on local lionfish ceviche.

During my stay, I fully succumb to the restorative energy of the sea, gardens and infinity pool – not to mention the spa, which feels as if it has been carved out of the earth, with the sauna and steam room deep underground. In a traditional hammam treatment, I am scrubbed, soaped and massaged until I feel like new. Also on offer are one-to-one or group yoga and meditation sessions, and there is a tennis court and a 24-hour gym.

From chilling in the Instagram-perfect cabanas at Frankie Beach Club to the peace and quiet of the warm, clear waters of the Aegean, there is something to restore a spring to anyone's step here.

BEVERLEY CROUCHER

RATES AT SUSONA BODRUM START FROM £350 A NIGHT, BASED ON TWO PEOPLE SHARING A ROOM ON A BED AND BREAKFAST BASIS. [SUSONA-BODRUM.COM](https://www.susona-bodrum.com)







KIMPTON AYSLA, SANTA PONSÀ, MALLORCA

Just 20 minutes after leaving Palma airport, I arrive at Kimpton Aysla for my spa experience. Being surrounded by verdant nature is a great start – I instantly feel calm – and the good vibes continue as I am offered a *horchata* – a sweetly refreshing local drink – while our bags are whisked away to our rooms. In the lobby, I spy comfy sofas and admire the art on the walls, including a stunning textile mural by Regina Dejiménez. Nearby, a hanging chair is set against a backdrop of contemporary ceramics by Stanislas Carrelet.

I head to the spa straight away, keen to decompress. Situated in the original historic building, it has seven individually designed treatment rooms and its USP is the Codage Paris lab, where creams are custom-made to suit your skin. After an indulgent face and body massage, I try the sauna, the Himalayan salt room and the steam room. I reluctantly skip the mud room and instead head over to the Jacuzzi and indoor pool before hitting the outdoor pools. Each experience is as good as the last.

If your interests lie more on the sporty side, tennis, golf and cycling (free bikes available at reception) are among the other offerings here; for something different again, pottery and perfume workshops can also be booked. Yearning for the sea? The nearest beach is just over 2km away.

The rest of the hotel is as wonderful as its wellness offerings. Designed by local architect Guillermo Reynés and surrounded by a Mediterranean garden filled with pomegranate, olive and pine trees, it's all about relaxed luxury, Mallorcan-style, and there are no gloomy corridors – the space is flooded with natural light throughout the day. Breakout areas with rocking chairs and loungers throughout are a charming touch.

After a day enjoying the facilities, I head to my room and its breathtaking mountain views. A large side balcony, perfect for reading and watching the sun rise, can be accessed from the bedroom, and also directly from the shower, for a complete alfresco experience. Alongside the sumptuous bed is a yoga mat – great for a spot of solo yoga on the balcony or to join the sunrise class on the roof, as I do. Watching the sun come up over the mountains while practising a tree pose is something I will never forget.

As for the food, it's fresh, local and delicious. The modern Saba restaurant specialises in a fusion of Latin and Asian cuisines, offering dishes from Korea, Japan, Thailand and Vietnam, using locally sourced ingredients. I try the Omakase tasting menu, which includes banchan, tempura and bibimbaps, all of which are mouthwatering. It's also a bit of an experience – you can grab a stool at the counter and see the delicacies being prepared in the 'theatre kitchen'.

Offering so many fantastic opportunities for both relaxation and action, Kimpton Aysla really does have something for everyone. 'Relaxed luxury' certainly sums up my own memorable stay at this unique hotel.

CAROLYN BAILEY

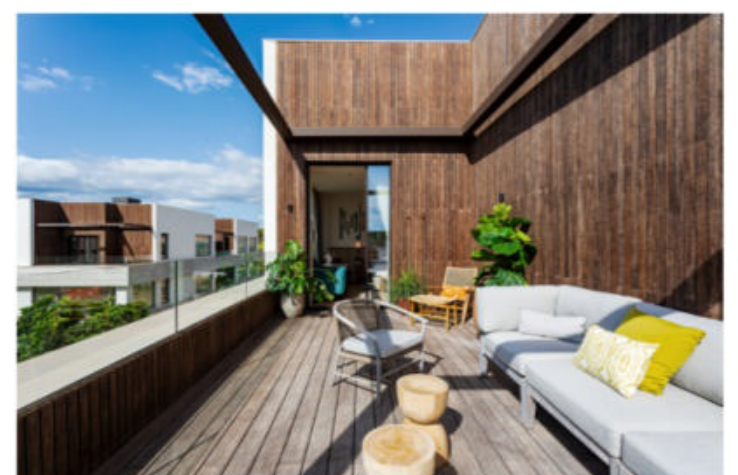
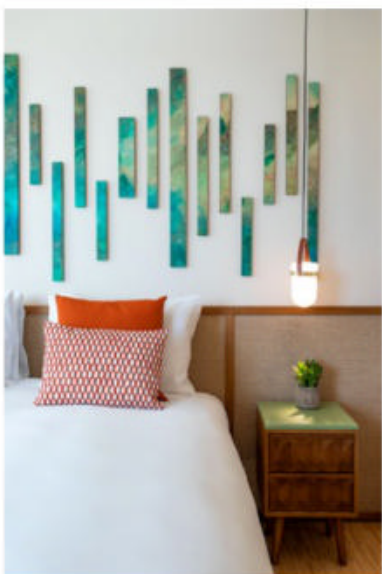
ROOMS FROM AROUND €600 (£518) A NIGHT IN SUMMER SEASON OR AROUND €350 (£300) A NIGHT IN WINTER SEASON. [IHGPLC.COM](https://www.ihgplc.com)



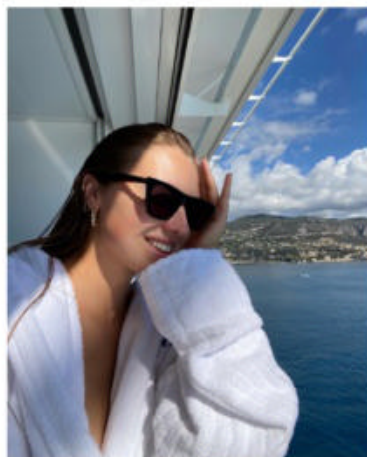
The perfect wellness getaway for those with an eye for design and a taste for delectable fusion cuisine



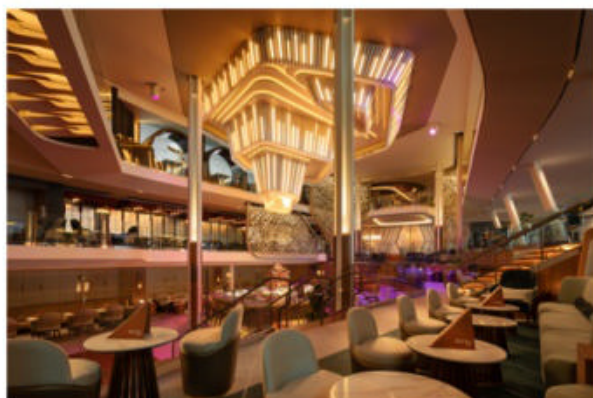
Art and ceramics add impact throughout the hotel, and there are opportunities to take in the scenery everywhere you turn



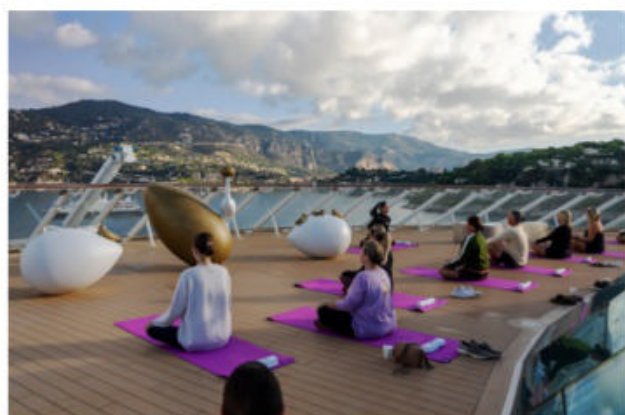
GOOP AT SEA – CELEBRITY CRUISES



*From food to activities,
the choice is endless
aboard the imposing
Celebrity Beyond*



**Fine dining and
changing views
were highlights
– and Jodie also
got a glimpse
of Gwyneth**



I manage to convince my boyfriend to join me for nine days' sailing around the French and Italian Rivas by promising to keep him away from any jade eggs or vagina candles. Why would I need to make such a pledge? Because the journey ahead is a partnership between luxury ship company Celebrity Cruises and Gwyneth Paltrow's modern lifestyle brand Goop, known for its unconventional approach to mind, body and soul. We board the Celebrity Beyond, the newest ship in the Celebrity Cruises fleet, in Barcelona and enter the sprawling main foyer, its glossy floors and dazzling light sculptures an instant hint of the glamour that awaits.

Despite the vast number of guests (a capacity of 3,260, to be exact), Beyond feels both exclusive and hospitable: each crew member greets us warmly throughout, which brings a sweet sense of community to the vast 1,073ft vessel.

Our AquaClass stateroom, complete with Goop goodie bag on the bed, has a king-size bed, a sleek bathroom and a floor-to-ceiling view of the ocean. There's also a yoga mat lined up in the wardrobe, alongside a fluffy robe and slippers.

My Goop schedule gets each day off to a strong start. First, Isaac Boots, celebrity fitness instructor and founder of the dance conditioning workout Torch'd, treats us to one of his high-energy sessions. My muscles burn through booty-sculpting leg raises on the sun-drenched top deck and I'm rewarded with a Goop-approved green juice at the end of it. To my relief, the next morning's activity is a little slower – a stretching and breathing session with a view of the stunning Côte d'Azur. Other options, including meditation and F45 sessions, run all week as part of the AquaClass package. For relaxation at a slower pace, the Retreat sundeck has its own pool and hot tubs are only a lift ride away.

There's so much to do on board that it's hard to consider disembarking, but we do, at Marseille, Villefranche, Santa Margherita and Messina, and the novelty of waking up to different views doesn't wear off. Our Goop itinerary rules out some of the excursions offered to other guests, but we do squeeze in a guided tour of Pompeii. Back on board in time for dinner, we're spoilt for choice – there are 32 food and beverage venues on board, including Eden, with its Mediterranean specialities, and Raw on 5, serving authentically prepared sushi. One night we join the well-dressed guests in Normandie (which wouldn't look out of place in Mayfair), the next we hit the buffet, which includes unlimited pizza until 1am (to balance out the green smoothies). The Martini Bar becomes a regular haunt for us, although I make a dash for my room before the silent disco kicks off.

While the Goopy aspects of our wellness experience don't quite live up to all my expectations (an impromptu tarot-card reading replaces our group truffle-hunting excursion in Tuscany, and Gwyneth's much-hyped appearance is a little fleeting), Celebrity Cruises is undeniably committed to health. Its state-of-the-art gym is fully loaded with Peloton bikes and the SEA Thermal Suite has eight therapeutic rooms and trailblazing treatments. Nine days

passes quickly with fitness classes, spa visits and day trips along some of the prettiest parts of the Europe's coastline. There's just time for a stop in Naples for a final bowl of pasta before I try to pack my Goop goodies into my carry-on suitcase. As we enjoy our final farewell drinks in the aptly named Sunset Bar, I decide I'll be back. Cruising like an A-lister? I'm in.

JODIE DUNWORTH

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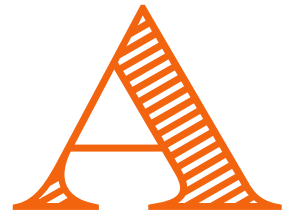






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RENDEZVOUS, ST LUCIA



As I step into the tropical wonderland of StolenTime by Rendezvous in St Lucia, my stress seems to melt away. The adults-only sanctuary is surrounded by exotic foliage and the soothing sound of tree frogs fills the air. A pre-arrival consultation has promised me a bespoke itinerary that will help claw time back from the pressures of everyday life and enable me to focus on my emotional and physical wellbeing. Already, it seems to be working.

The boutique resort is centred around a 150-year-old saman tree draped in chandeliers, and sits on the longest white-sand beach on the island. Hammocks are strung across the balconies of treehouse-inspired lodges, while beachside cottages offer their own private sunloungers. My Signature Poolside Suite is airy and elegant, with Italian marble floors and a freestanding bath stocked with REN products. There's even a pillow menu featuring a choice of five different options, allowing for the most blissful night's sleep.

From sunrise to sunset, an array of exercise classes, from hatha flow yoga to BeachFit, take place along the palm-fringed beaches. I take advantage of the tennis and watersports lessons, including sailing and paddleboarding in the warm, gentle waters. Instructors are experienced and highly motivated, helping me keep going during some of the classes' more challenging moments. Beyond the resort, you can also arrange to hike the famous Pitons and bathe in the sulphur springs of the Caribbean's only drive-in volcano.

It's easy to work up an appetite and, fortunately, food and drink is plentiful at the resort. Sinking my toes into the sand at the Malabar Beach Club restaurant and barbecue, I indulge in nourishing cuisine infused with St Lucian flavours; the daily catch with Creole sauce and market vegetables is a standout. Refreshments range from a rainbow of juices at breakfast to fresh coconuts, rum cocktails and a Champagne happy hour.

I enjoy the latter before dancing the night away to the sunset saxophonist, Caribbean singers and steel-pan orchestra.

Relaxing by the pools is heavenly, but I also discover my own little hidden oasis – a lazy river meandering through the lush vegetation, with private cabanas perched on mini islands. A waitress pops by occasionally to top up my drink.

The resort's spa is an ayurvedic centre, offering treatments based on the idea that disease is due to an imbalance in a person's consciousness, and I quickly feel in safe hands. The therapist determines my dosha (the particular energy patterns in my body) and recommends the Balinese, a relaxation massage featuring skin rolling, acupressure and reflexology. The 50-minute treatment eases my sore, strained muscles.

Feeling rested and rejuvenated, I head into town for a Caribbean culture fix. The local market in Castries is brimming with handmade dresses and woven homewares, while Island Mix in Rodney Bay is a treasure trove of artisan crafts and food. Nearby Voilà (@thehungrypineapple) is a private dining experience serving plantain flatbread and gold leaf lobster – both are which are divine.

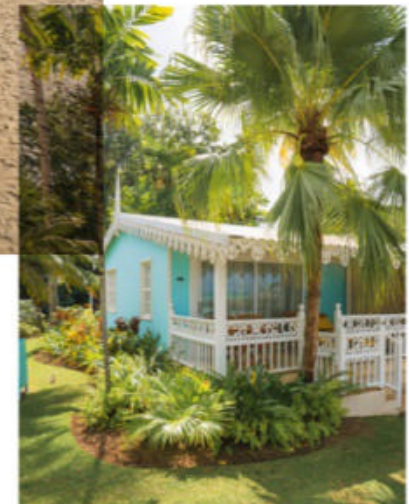
After five days on this ravishing island, I leave feeling restored in both body and mind. For those seeking a post-pandemic reset, this is paradise found.

LAURA BECKWITH

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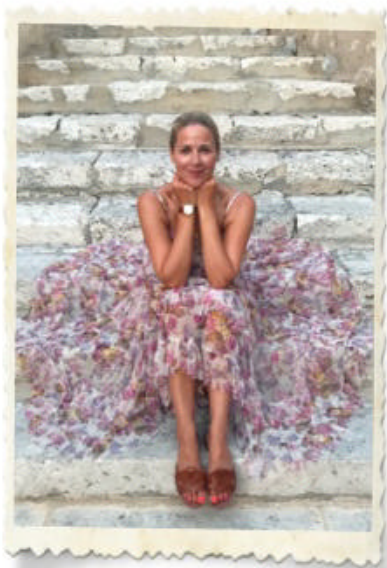


With beach and pool so close at hand, Laura was spoilt for blissful relaxation spots



The perfect balance of activity and rejuvenation under the Caribbean sun, with endless sports sessions included in the package, along with tempting local cuisine





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Sarah Tomczak

Editor Sarah Tomczak

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There are plenty of cultural attractions in Puglia to discover while you work up an appetite. You'll visit the UNESCO World Heritage Site of Sassi di Matera,

with its ancient cave dwellings and rock churches, and Alberobello, where you'll see the iconic trulli (houses made of limestone boulders with pyramid roofs). There's a stop in Locorotondo, too, where you can enjoy the atmosphere of the Itria Valley's most picturesque whitewashed towns.



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Visit the Sassi district of Matera and spend two nights in a cave hotel

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SERENITY OF A CAMP BEFORE MEETING ELEPHANTS

Beautiful and intriguing, Thailand is a land of diversity. From modern Bangkok, to a rural heartland where the rainforests remain the domain of gibbons and macaques. Then there are the beaches, famed for their pristine beauty and tropical ambience.

You'll see all sides of Thailand on this two-week adventure, which begins in Bangkok, staying in a five-star hotel in a prime spot perfect for exploring this noisy and joyous metropolis. A calmer atmosphere awaits when you fly south to Elephant Hills to stay in a luxury tented camp for three nights in the jungle. You'll meet the elephants, explore the rivers, hike through the rainforest, and learn

how to cook authentic Thai dishes. Nights are spent under canvas – but perfectly comfortably, thanks to proper beds, wooden floors and bathrooms.

After camping, you'll swap the jungle for the beach, spending a week in a gorgeous resort with all the bells and whistles to help you feel utterly pampered. With views over the Andaman Sea, the Apsara Beachfront Resort & Villa is in the perfect spot for relaxing and enjoying Thailand's coastal bliss. When you're ready to explore a little further, there are national parks and exotic islands within easy reach for a tropical day trip to see just why Thailand's west coast is held in such high esteem.



Visit Bangkok's famous temples

Reasons to book
GET TO KNOW BANGKOK

Spend three days in this dazzling city, with skyscrapers sitting alongside ornate temples. Taste the street food and delve deep into the markets.

MEET THAI ELEPHANTS

See some captivating wildlife in the jungle. You'll meet the elephants and feed them, but there's no riding of the

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ALL FLIGHTS
AND
TRANSFERS ARE
INCLUDED

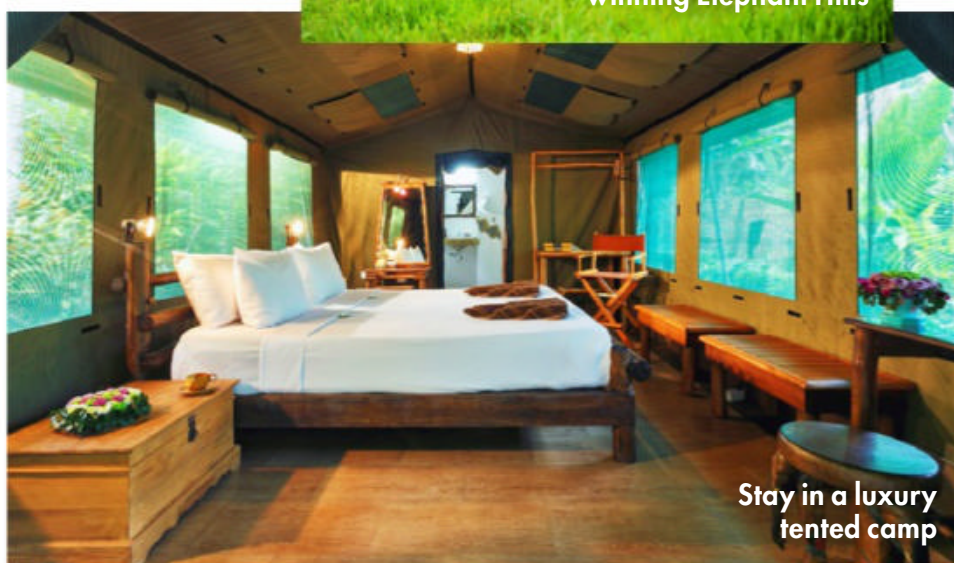
Explore the
rainforest in
Khao Sok
National Park



Wind down on Khao Lak's
pristine beaches



Meet the locals at award-
winning Elephant Hills



Stay in a luxury
tented camp

animals at Elephant Hills. These magnificent creatures are treated with respect and their welfare is a priority.

LEARN TO COOK THAI FOOD

The spicy, sour, sweet, and salty food keeps people returning to these shores – there's nothing quite like Thai food prepared properly. Elephant Hills has cooking demos so you can see exactly how authentic dishes are made.

STAY IN A TENTED CAMP

Sleep under canvas with every modern convenience, so you'll have the best of both worlds – a rainforest adventure without sacrificing creature comforts.

RELAX ON THE BEACH

After the excitement of Bangkok and a jungle adventure, relax on the beach for a week and enjoy the tropical scenery.

YOUR ITINERARY

Days 1-3 Arrival and Bangkok **Days 4-6** Elephant Hills, Khao Sok **Days 7-13** Apsara Beachfront Resort & Villa, Khao Lak **Day 14** Phuket to London

YOU WILL GET THE CHANCE TO...

- Spend three nights' B&B in The Landmark Bangkok in a Premium room.
- Stay in Elephant Hills' luxury tented camp in the Thai jungle for three nights' full board.
- Relax in the Apsara Beachfront Resort & Villa in Khao Lak for seven nights' B&B.
- Meet and feed the elephants at Elephant Hills' conservation park.
- Learn how to cook authentic Thai specialities in a cooking demonstration.

ALSO INCLUDED Return flights from London to Bangkok with Thai Airways, return flights from Bangkok to Phuket, transfers to and from airports and accommodation throughout.

PRICE From £1,949pp*

DATES 11th to 24th May, 18th to 31st May and 25th May to 7th June 2023

HOW TO BOOK

Call 02045 862 754, quoting RED ELEPHANTHILLS FEB23. Visit redonline.co.uk/elephanthills for more details.

**From price is per person, based on two people sharing a room, subject to availability. Price and itinerary correct at time of print but may be subject to change. Child pricing and single supplement on request. Deposit £500. Local charges such as tourist tax may apply. Travel insurance is not included but required for most of our overseas trips, and should be taken out at time of booking. Images used may not reflect your actual tour experience. This holiday may be sold through other selected brands. Tour is operated by and subject to the booking conditions of TS Travel Ltd (ATOL bonded) and THG Travel Limited ATOL 9528 – ABTA Y6433.*

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A UNIQUE
AND
LUXURIOUS
UK BREAK

Red
ESCAPES
READER OFFER

Visit colourful
Portree on the
Isle of Skye

Sail around the SCOTTISH HIGHLANDS AND ISLANDS ON A PRIVATE YACHT

DISCOVER LOCH NESS, LOCH NEVIS, IONA AND MUCH
MORE ABOARD THE LORD OF THE GLENS

If you were going to compile a bucket list of British breaks, this is surely a contender. On this trip, you'll sail on a comfortable ship through the Highlands and islands, exploring the endlessly beautiful Caledonian Canal, hidden sea lochs and the magical islands of Scotland's western shore.

Loch Ness, Loch Nevis, the Sound of Mull, Iona, Eigg, Skye, Fort Augustus... the names conjure up images of glistening waters, wild landscapes, towering castles, flora and fauna, and myths and legends.

There is no better way to explore than on board the Lord of the Glens. This is not a cruise, but a small ship experience, similar to the Royal Yacht Britannia. With just 27 outward-facing en-suite cabins and a maximum of 54 passengers, the ship offers comfortable accommodation and superb cuisine.

There are some fascinating excursions, too, so sit back with a wee dram and book a place on this Scottish adventure.



The Lord of the
Glens has just
27 cabins



You may spot some
incredible wildlife

WHAT'S INCLUDED...

- An outward-facing cabin on Lord of the Glens for seven nights on a full-board basis.
- All excursions, as indicated in the online itinerary.
- A welcome reception and dinner.
- A visit to Britain's most remote pub.
- Exploring Skye, Mull and Eigg.

PRICE

From £2,200pp*

DATES

22nd May and 18th
September 2023**

TO BOOK, CALL

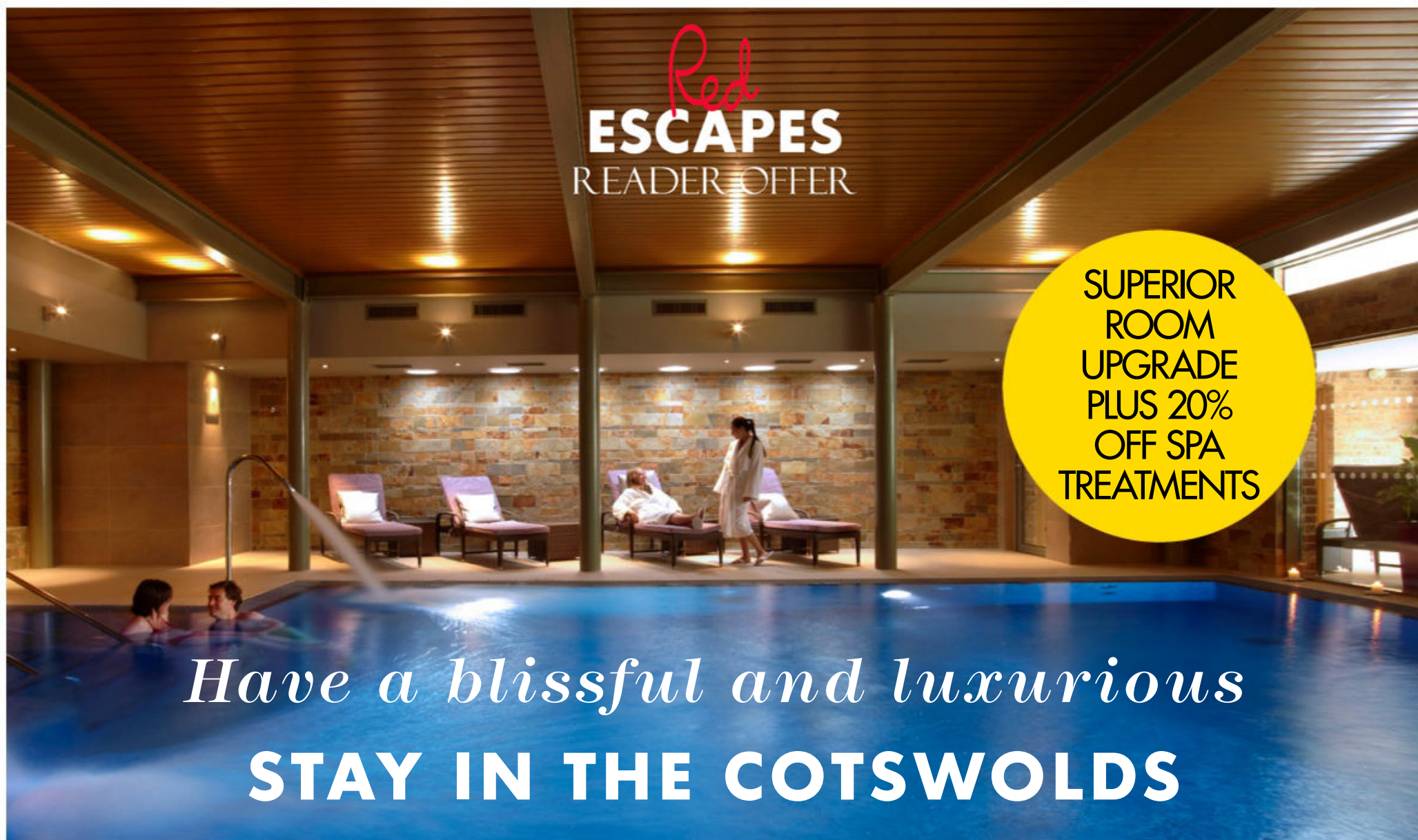
02081 312 491,
quoting
RED LOTG
FEB23

VISIT

For more details,
see redonline.co.uk/highlands

*Prices based on two sharing an entry-level cabin, subject to availability and based on 18th September departure date. Price and itinerary correct at time of print, subject to change and weather conditions. Single supplement on request. Deposit: 20%. A good degree of mobility is required.
**22nd May departure itinerary operates in reverse. Travel insurance should be taken out at time of booking. Images used may not reflect your actual tour experience. This holiday may be sold through other selected brands. Tour is operated by and subject to the booking conditions of TS Travel Ltd (ATOL-bonded).

TO DISCOVER more of our favourite hotels
and exclusive offers, visit redescapes.com/offers



INDULGE YOURSELF WITH A RESTORATIVE RETREAT AT THE GREENWAY HOTEL AND SPA IN THE COTSWOLDS

On the outskirts of the elegant Regency town of Cheltenham, The Greenway Hotel and Spa is an Elizabethan manor house where you can truly disconnect from the stresses of everyday life.

Inside you'll find wooden floors, an open fire and beautiful views through stone-framed windows. The 21 rooms are very comfortable and with our offer you'll be upgraded to a Superior Room.

A highlight of your stay is sure to be the warm welcome in The Greenway's three-AA Rosette Garden Room Restaurant, where you'll enjoy a three-course dinner. You'll taste award-winning modern British cuisine made with ingredients from some of the finest artisan producers in Cheltenham.

Further indulge your senses at the sleek Elan spa. This is a true oasis of tranquillity and relaxation where an extensive treatments menu includes services such as ESPA aromatherapy massages and salt and oil scrubs. With our offer you'll get 20% off any pre-booked spa treatments and 45 minutes pre-booked use of the pool.



Get away from it all at the Elizabethan manor



Relax in the opulent surroundings

WHAT'S INCLUDED...

- One night's accommodation in a Superior Room.
- Breakfast.
- Three-course dinner (worth £45pp).
- 20% off any pre-booked spa treatments.
- 45 minutes pre-booked use of the pool.

PRICE

From £132.50pp*

DATES

Stays until March 2023.

TO BOOK, CALL

01905 814 787, quoting RED GREENWAY

VISIT

redonline.co.uk/greenway for more details and to see the full itinerary.

**From price is per person, based on two people sharing, subject to availability. Price and itinerary correct at time of print but may be subject to change. Fully refundable up to seven days prior to arrival. This stay may be sold through other selected brands.*

Images used may not reflect your actual experience. Stay is operated by and subject to the booking conditions of Great Little Breaks.

TO DISCOVER more of our favourite hotels and exclusive offers, visit redescapes.com/offers



SET IN MANICURED GARDENS, SUMMER LODGE IS A GEORGIAN MANOR TURNED COUNTRY RETREAT

Summer Lodge is set in the quiet village of Evershot in Dorset.

It's the perfect location for a luxury escape, complete with an indoor pool and a pampering spa.

Built as a splendid dower house in 1798, Summer Lodge has been reimagined as a collection of inviting rooms that warmly welcome guests with fresh fruit and flowers and cosy fireplaces.

Combine time relaxing at the hotel with exploring the area, hopping on one of the hotel's bicycles to cycle around the surrounding countryside or simply taking a peaceful stroll. In the hotel's four-acre garden, there's a croquet lawn and tennis court, or you can disconnect with a mindfulness class.

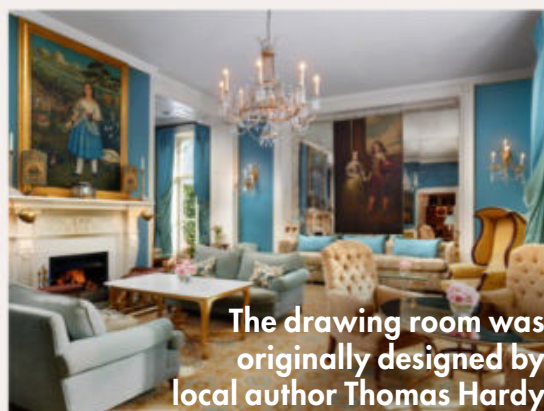
Summer Lodge's beautiful restaurant is the heart of the hotel. Dining is a farm-to-table affair where the chef relies on excellent local produce, including regional cheeses and Dorset truffles. The dishes are perfectly matched with selections from Summer Lodge's resident sommelier.

Relax by the pool overlooking the

beautiful gardens, enjoy one of the spa's rejuvenating treatments or work towards your fitness goals in the fully equipped gym. There are plenty of private spaces within the hotel gardens to simply unwind, practise yoga or relax with a refreshing drink.



The finest Dorset fare



The drawing room was originally designed by local author Thomas Hardy

WHAT'S INCLUDED...

- Two nights' accommodation in a Cosy Double.
- Dinner both evenings, with a bottle of house wine on the first night.
- A seasonal and locally sourced breakfast both mornings.
- Access to the spa and swimming pool.
- Use of the hotel's bicycles.

PRICE

From £390pp per stay*

DATES

Stays from 3rd January until March 2023.

TO BOOK, CALL

01935 548 168, quoting RED SUMMER LODGE

VISIT

redonline.co.uk/summerlodge for more details.

**From price is per person, based on two people sharing a Cosy Double room for a two-night stay, subject to availability. Spa treatments available at an additional charge. Price and itinerary correct at time of print but may be subject to change. Single supplement applies. This stay may be sold through other selected brands. Images used may not reflect your actual experience. Stay is operated by and subject to the booking conditions of Red Carnation Hotels (UK) Limited.*

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ESCAPES
EXCLUSIVE OFFER

**FIVE-
COURSE
TASTING MENU
INCLUDED,
WORTH
£80PP**

*Stay in an elegant
manor house hotel and enjoy a*
FIVE-COURSE TASTING MENU

DINE AND UNWIND IN THE SPA AT MALLORY COURT,
A BEAUTIFUL HOTEL IN THE HEART OF WARWICKSHIRE.

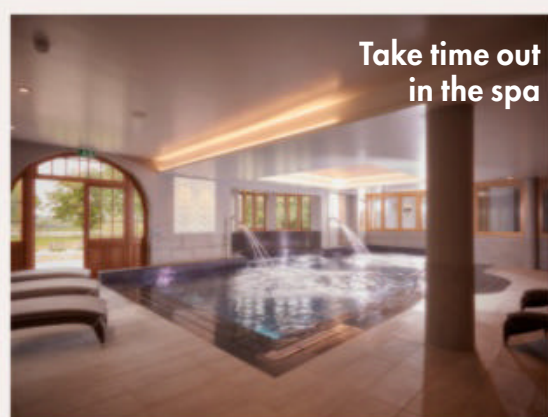
A member of Relais & Châteaux, Mallory Court Country House Hotel and Spa is a delightful country house hotel that prides itself on offering exceptional hospitality.

Located on the outskirts of the historic Royal Leamington Spa and in the heart of the Warwickshire countryside, the wonderfully grand Lutyens-style main house is set in 10 acres of lush, green grounds. Step inside and you'll find blissful bedrooms, a three-AA-Rosette restaurant and a serene Elan Spa kitted out with Temple Spa products.

With our offer, you'll spend the night in an elegantly furnished Classic Room with a more traditional style decor and pretty views over the courtyard or gardens. At The Dining Room At The Manor House, you'll enjoy a five-course 'Tastes of the Season' tasting menu using the organically grown, seasonal produce from Mallory Court's own kitchen gardens.

With time on your hands, take advantage of the luxurious spa facilities.

There's an indoor hydrotherapy swimming pool, a thermal suite and more. Or make the most of Mallory Court Hotel's location in leafy Warwickshire by visiting some of the many nearby attractions.



Take time out
in the spa



You will be spoiled in The
Dining Room At The Manor

**WHAT'S
INCLUDED...**

- Guaranteed upgrade to a Classic Room (worth £46).
- A five-course 'Taste of the Season' tasting menu in the Manor House Dining Room (worth £80pp).
- Full breakfast.
- Residents may pre-book Elan spa access and treatments (additional charges apply).

PRICE

From £154.50pp*

DATES

Stays until
March 2023.

**TO BOOK,
CALL**

01905 814143,
quoting RED
MALLORY COURT

VISIT

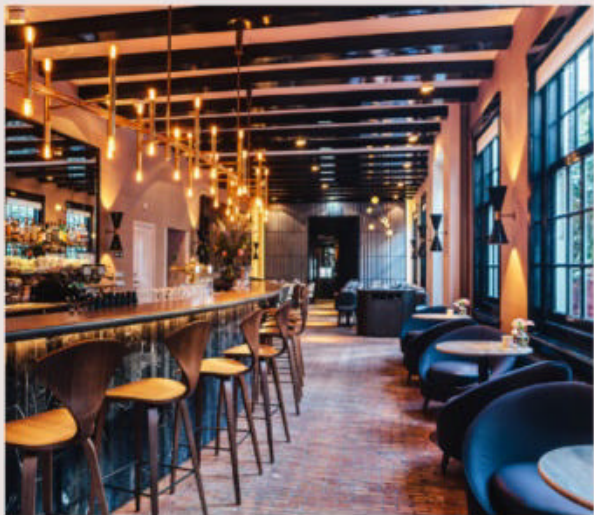
redonline.co.uk/
mallorycourt for
more details and to
see the full itinerary.

**From price is per person, based on two people sharing, subject to availability. Price and itinerary correct at time of print but may be subject to change. Fully refundable up to seven days prior to arrival. This stay may be sold through other selected brands. Images used may not reflect your actual experience. Stay is operated by and subject to the booking conditions of Great Little Breaks.*

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redescapes.com/offers

STARS

YASMIN BOLAND REVEALS WHAT'S IN STORE FOR YOU THIS MONTH

PISCES

20th February to 20th March

February brings the New Moon in your sign, heralding your annual opportunity to start over in any and every part of your life. It's a turning point, and what you sow now you will reap later. Use this month to get all your ducks in a row.

ARIES

21st March to 20th April

This month could bring a spiritual awakening of sorts. This might sound odd, but you have a New Moon in your Spirituality Zone, so it will become easier to be led by your intuition. 'Waking up' in this way will help you personally and professionally, while meditation, chanting and yoga could all offer fast cosmic results.

TAURUS

21st April to 21st May

It's your turn to make a New Moon wish – do it on 20th February when your lucky wishing New Moon of the year occurs. It's a time when dreams can come true, and also signals the start of a new and happier social life. Perhaps most importantly, though, a fear can be healed. Work on yourself and make it so!

GEMINI

22nd May to 22nd June

One thing to know about your professional life right now is this: your 2023 key to career success is to inspire or be inspired. You have a restart this month professionally, so heed this celestial suggestion and make the most of it.

CANCER

23rd June to 23rd July

You're a sign that famously loves to be at home. However, post-pandemic, you probably have as much desire as

AQUARIUS

21st January to 19th February

THE PAST FEW YEARS HAVE TESTED YOU TO YOUR LIMITS. IF YOU'VE FELT VERY MUCH UNDER DURESS, THE GOOD NEWS IS THAT THIS CYCLE IS NEARLY OVER. THIS MONTH ALSO MARKS A TURNING POINT FOR ONE VERY IMPORTANT RELATIONSHIP AND OVERALL, LIFE IS TRULY GOING TO BE EASIER!

anyone else to travel. Right now you have great stars for getting away (they're also very positive for starting a new course of study). Anything that allows you to get some perspective is highly recommended.

LEO

24th July to 23rd August

I wish I could promise you that life is going to get easier this month. However, that would be premature. You still have a little bit more hard graft to do before you get a reprieve at long last. Just know, though, that as you plod through everything you need to this month, better times are coming soon.

VIRGO

24th August to 23rd September

This month brings the New Moon in your Relationships Zone. Not to put too fine a point on it, you need to do whatever it takes to shore up your love life as much as possible. Before too long, you'll have Saturn in your Relationships Zone which means

all your relationships will soon prove a lot more demanding.

LIBRA

24th September to 23rd October

It might feel a little late to you, but February will be the perfect time to get your life in order so that 2023 pans out as you want it to. It's all about working out your routines: balance your duties and responsibilities with whatever you need to keep in a relatively peaceful state of mind.

SCORPIO

24th October to 22nd November

You are nearing the end of a seriously challenging time in terms of your home and family situation. If you've been through the mill in your private life, rather than feeling resentful about what has been, feel grateful for all the lessons you've learned. They'll make what's to come worth it.

SAGITTARIUS

23rd November to 21st December

Now is very much the time to get your domestic life in order. Clear out any mess you have in your house: that means the rubbish in your garage, or under your bed, or in your 'kitchen drawer of shame'! What you do now will make the next two years at home and with family much easier.

CAPRICORN

22nd December to 20th January

To make the most of this month's energies, start to change the way you think about yourself. It's all about working on your self-esteem, believing in your worth and embodying what you know you have to offer the world. The knock-on effect will be that you supercharge this month's Full Moon across your Money Zones.

For your extended month forecast, visit Yasmin's website at yasminboland.com

WILLOW & HALL JANUARY SALE: SAVE A FURTHER 5% OFF WINTER SALE DISCOUNTS



Willow & Hall design and sell quality upholstered living and bedroom furniture, handmade in Britain, using the finest materials. Designs are available in over 150 fabrics and with a choice of seat fillings. Sofa beds come with three luxury mattress options, and with a depth of 14cm, they're perfect for occasional or everyday use.

As part of Willow & Hall's exceptional level of customer service, they offer nationwide delivery on all made-to-order furniture from 4 weeks or within 2 weeks if you order from their fast delivery range. They also offer a 14-day free returns policy, whatever your personalisation.

Use code JANSALE23 at checkout to save a further 5% on all furniture. Expires 31 January 2023.

Visit willowandhall.co.uk or call 020 8939 3800 for more information or to order free samples.

This month's ESSENTIALS

LOOK YOUNGER LONGER REGENTIV SPECIALIST SERUM (WITH RETINOL)



This delicate and oh so effective serum for lines, wrinkles, crepey eyes and neck, vertical lip lines, sun damage and much more. Unique formulation of retinol palmitate, aloe vera, vitamin E, SPF, moisturiser – perfect to use twice daily. 35ml £32.95, 50ml £49.95, 105ml £79.95, 200ml £149.

To receive exclusive 15% reader discount apply code RED15 when ordering. www.regentiv.com or call 01923 212555 for advice or to order. Please see website for full range and special offers.



LATHAM & NEVE

Known for their stunning British contemporary silver and gold jewellery. Ballroom bangles, awesome earrings, knockout necklaces and much much more! Distinctive, sculptural pieces all designed and hand-made in Britain which really are made to be worn.

lathamandneve.co.uk

Beat joint discomfort this winter with **Turmeric+**

Damp days and freezing temperatures don't just take a toll on our mood; many of us will feel the effects of the season in our bones and joints.

The NHS reports around 10 million people in the UK have a condition that affects their joints, most commonly in the knees, hands, wrists, shoulders, feet and back.

From genes to diet to lifestyle and even the weather, has an influence on our musculoskeletal health – but nutrition is always essential.

A diet rich in fruits, dark leafy vegetables and oily fish brings helpful antioxidant and anti-inflammatory benefits. A growing number of people are also turning to turmeric-based products and nutritional supplements for extra support.

'The difference it made was unbelievable.'

But not all turmeric supplements are created equal. Many focus on one key active ingredient called curcumin – but it's very difficult for our bodies to absorb, and unless it's made 'bioavailable', it can pass through the gut unused, even if we take lots of it.

To overcome these challenges, scientists in Cambridge developed a unique supplement called Turmeric+, featuring the world's most scientifically researched bioavailable curcumin formulation, and users are saying that restoring their joint health can be life-changing.

FutureYou Cambridge receives hundreds of 5-star Trustpilot reviews for Turmeric+, like Sylvia Pilgrim from Manchester 'The difference it made was unbelievable!' she said.

Turmeric+ was developed by FutureYou Cambridge, a British developer of innovative supplements backed by extensive scientific research.

The company needed to overcome the key challenge with turmeric: making the curcuminoids much easier for our bodies to absorb. They wanted an alternative, better solution to the black pepper formulations so often used, one that would be rich in the full bouquet of curcuminoids.

So the nutritional experts at FutureYou Cambridge used a patented Curcuma

Phospholipid Complex formulation called Meriva® that makes curcumin 30 times more absorbable than standard turmeric powder. 'Our advanced formulation works by using plant-based lecithin to mimic the way the body naturally absorbs curcuminoids after eating turmeric cooked with fat,' explains Dr Miriam Ferrer, PhD, from FutureYou Cambridge. 'But it delivers far more than you'd normally get from a meal – the equivalent of 150g of raw turmeric in a single tablet.'

It's also enhanced with vitamins C and D which contribute to normal function of cartilage and normal muscle function.*



HOW TO CLAIM YOUR FREE TRIAL PACK

***Just pay £1.50 postage**

To claim your free 28 day Turmeric+ subscription trial pack worth £19 visit

FutureYouOffers.co.uk

or freephone

0800 808 5740

and quote the code

TF961

Your first box is free (just pay £1.50 postage) and you will be enrolled into a flexible subscription costing £19 (inc. postage) every 28 days, which you can cancel at any time, without obligation.



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in Cambridge



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can trust



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100% satisfaction,
guaranteed



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Customer Care



EXCELLENT
Over 6,500 reviews

FutureYou
CAMBRIDGE

***Turmeric+ contains vitamin C which contributes to normal collagen formation for the normal function of cartilage and bones. Vitamin D contributes to the maintenance of normal muscle function.** Introductory offer valid for new UK customers only. Offer expires 28th February 2023 and cannot be used in conjunction with any other promotions. Cancel any time, without obligation. See FutureYouHealth.com/TF961 for full terms and conditions.

Red FASHION



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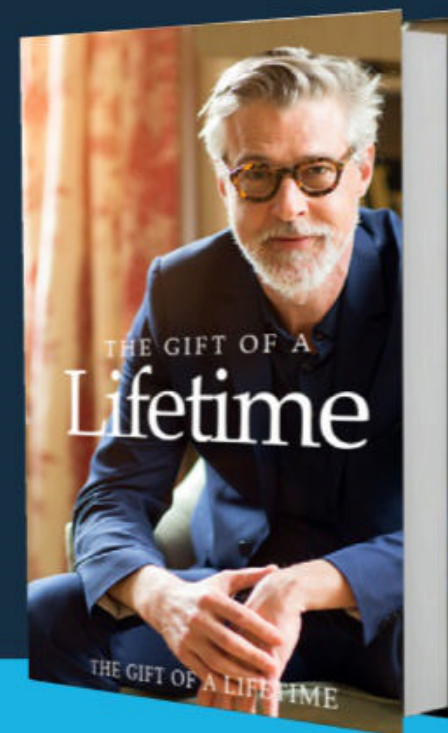
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comfort in mind.



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AND FINALLY...

My list of **EVERYTHING**

CHEF AND FOUNDER OF MOWGLI STREET FOOD RESTAURANTS
NISHA KATONA ON HER FAVOURITE THINGS

MY CAN'T-MISS PODCAST IS...

Off Menu, which my friend and fellow *Great British Menu* judge Ed Gamble presents with James Acaster. They're both so funny, plus it's all about food.

THE CANDLE I LOVE TO LIGHT IS...

Owen Drew England – a company based where I live in The Wirral – makes the most iconic, lovely scented candles.

MY SIGNATURE LIPSTICK IS...

Sexy Sienna by Charlotte Tilbury.

MY FAVOURITE INDEPENDENT SHOP

IS... Matta's in Liverpool. It was one of the first food shops to stock Indian spices and made people feel normal for being Indian. It's an important landmark.

MY FOODIE WEAKNESS IS...

Bacon in all its forms. You know those crispy bacon strips you can get prepacked? I could eat eight packs in one go.

WHEN I WANT TO SEND FLOWERS,

I CALL... Bloom & Wild. I love its entrepreneurial innovation.

MY ONE-STOP MORNING COFFEE

SHOP IS... A farm shop called Claremont Farm. It's dog-friendly, family-run and full of the most kind, bohemian people.

ON TOAST, I LOVE TO SPREAD...

I've just discovered Marmite Truffle Flavour.

MY FAVOURITE SHOES ARE...

Trainers by On – they make you feel like you're walking on air. I used to be a barrister and lived in heels; the higher the better. Now, I just think, 'Why should I be in pain and face a future of corns and bunions?'

MY SIGNATURE SCENT IS...

I've worn Calvin Klein Obsession all my life but, having just hit 50, I've changed scents for the first time. Now, it's Guerlain Insolence.



*Nisha loves
Sorrento,
Guerlain
Insolence
and butter
chicken*



THE SHADE I ALWAYS PAINT MY

NAILS IS... Rouge Noir by Chanel.

THE BOOK I KEEP ON MY BEDSIDE

TABLE IS... *The Diaries Of Samuel Pepys* and *The Bible*.

THE BOXSET I REWATCH IS...

Succession. It's my comfort watch.

THE ALBUM I'LL NEVER GROW TIRED

OF IS... Pink Floyd's *The Wall* is almost biblical. I could listen to the songs for ever.

MY BEST HOLIDAY WAS...

In Sorrento, Italy. My passions are food, history, sun and sand – and Sorrento combines all four. I try to go twice a year.

THE THING I CAN'T STOP BUYING

FOR MY HOME IS... Wallpaper. You can transform your home with it.

WHEN I WANT TO LAUGH, I CALL...

Ed Gamble. When we're filming, he just has to look at me and it sets me off.

THE SONG THAT GETS ME ON THE

DANCEFLOOR IS... *Hard To Handle* by The Black Crowes.

MY FOOLPROOF DINNER PARTY

DISH IS... My Mother Butter Chicken, which I also serve in my restaurants. It's the dish I make that people love the most.

THE MANTRA I LIVE BY IS...

The world doesn't owe you a living – keep your head down and work. I built Mowgli from nothing at all and sacrificed everything I had to do so.

Meat Free Mowgli: Simple & Delicious Plant Based Indian Meals (Nourish Books) by Nisha Katona is out now

AS TOLD TO: CHARLOTTE OLIVER. PHOTOGRAPHY: KATE WHITAKER, GETTY



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